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## The Complete Guide to Hosting "Healthy Snack Day" August 29

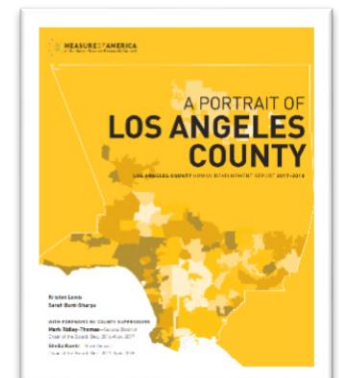
Healthy Snack Day is designed for Local Implementing Agencies (LIAs) and Community-Based Organization (CBO) partners to promote healthier eating habits within their communities. This Statewide Day of Action is supported by the Healthy Snack Day Event Box, a no cost, supplemental resource available to hosting LIAs and CBOs.

The California Department of Public Health (CDPH), State Media and Public Relations (SMPR) and Rescue Agency are proud to present *The Complete Guide to Hosting "Healthy Snack Day" with the Event Box* webinar on **Thursday, August 16**. With only a few weeks until this exciting statewide day of action, the webinar will provide participants everything they need to know to host a successful event. Event marketing experts from Rescue will take you through practical, step-by-step advice for hosting a fun and impactful event from start to finish. This is a must-see webinar for event organizers, so mark your calendars. Register [here](#).

## A Portrait of Los Angeles County: Los Angeles County Human Development Report 2017-2018

A Portrait of Los Angeles County is an exploration of how LA County residents are faring in terms of well-being and equity. It examines well-being and access to opportunity using the human development framework and index, presenting American Human Development (HD) Index scores for LA County places and demographic groups and exploring a range of critical issues, including health, education, living standards, environmental justice, housing, homelessness, violence, and inequality.

The American Human Development Index, a supplement to the gross domestic product and other money metrics, tells the story of how ordinary people are doing. The index is based on the Human Development Index developed by the United Nations, the gold standard for measuring the well-being of people in every nation. This report is the fifth that Measure of America has produced on the state of California; previous reports include *A Portrait of Marin*, *A Portrait of Sonoma County*, and two volumes of *A Portrait of California*. Read full report [here](#).



# UCLA Center for Health Policy Research – Parks After Dark Evaluation Report, July 2018



Parks After Dark (PAD) is an innovative Los Angeles County strategy for building resilient communities that re-envision parks as community hubs. PAD began in 2010 as the prevention strategy of the County's Gang Violence Reduction Initiative and has since evolved into a key County prevention and intervention strategy, promoting health, safety, equity, and family and community well-being. PAD has been adopted into the strategic plans of several County departments and initiatives and will be expanded to 33 County parks in 2018.

PAD is led by the County Department of Parks and Recreation (DPR), in partnership with County Board of Supervisors, Chief Executive Office (CEO), Department of Public Health (DPH), Sheriff's Department, Probation Department, and many other government agencies and community organizations. PAD extends hours of park operation during summer weekend evenings, in unincorporated communities of Los Angeles County, and offers a variety of free

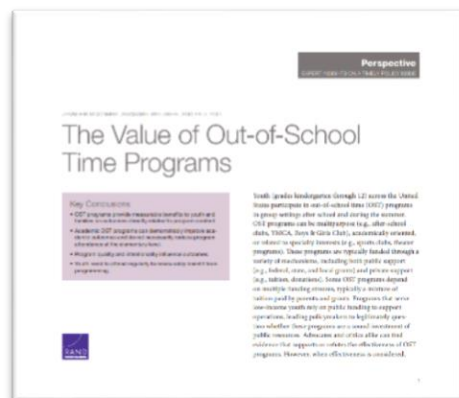
activities and resources for people of all ages in a safe and welcoming space. Additionally, Deputy Sheriffs patrol the parks to ensure safety during PAD and participate in activities with community members.

Evaluators from the [UCLA Center for Health Policy Research](#) found that the PAD program increased access to quality recreational programming; facilitated collaboration among a variety of partners and stakeholders; decreased community violence and increased perceptions of safety; increased access to physical activity opportunities, therefore decreasing risk of chronic disease; improved community cohesion and family bonding; and led to estimated cost savings due to a decrease in crime and an increase in physical activity levels.

The 2017 final evaluation report of the PAD program was released in July. Throughout this report, outcomes for PAD parks are examined according to the year PAD started at each park, as indicated below. In addition, several parks with similar characteristics (e.g., park facilities necessary to host PAD, high assault rates, and obesity prevalence) were selected as comparison parks for assessment of PAD's impact on crime. Exhibit 2 outlines the individual parks included in each group for crime analysis. Read [full report](#) here or [brief](#) here.



## The Value of Out-of-School Time Programs



To better understand the value and effectiveness of out-of-school-time (OST) programs, RAND researchers examined programs through the lenses of content, dosage (the hours of content provided), and outcomes measured, focusing on rigorous (i.e., experimental or quasi-experimental) large-scale evaluations and meta-analyses. The overall conclusion is that OST programs are generally effective at producing the primary outcomes that would be expected based on their programming. However, the primary benefits of such programs are often understudied or underreported. When making funding decisions, federal, state, and local governments and private foundations should consider all the benefits that programs provide to youth and families and emphasize program quality. Read the report [here](#).

# Agency Highlight

## Northeast Valley Health Corporation



Northeast Valley Health Corporation  
a *californiahealth* center



### Addressing Food Insecurity at Northeast Valley Health Corporation (NEVHC)



*Champions for Change – Healthy Communities Initiative funded partner, Northeast Valley Health Corporation (NEVHC), was selected as one of three 2018 Innovation Award Winners for their work in addressing food insecurity through screening and connecting patients with organizations that provide local food and resource assistance.*

On July 9, the Los Angeles County Department of Public Health and County of San Diego Health and Human Services Agency hosted the 2018 Food Policy Forum and Innovation Recognition Ceremony, where presenters showcased best practices on implementing nutrition and food sustainability guidelines.



*Monsi Portillo, Jessica King, Denise Torres, and Victor Solano of Northeast Valley Health Corporation.*

In an effort to reduce food insecurity, NEVHC has begun screening patients at one of their clinics located in Pacoima in order to offer assistance and resources. Patients are asked to answer 2 questions during Well Child Exam



*Jessica King, Associate Director of Quality & Health Education at NEVHC with Dr. Tony Kuo, Director of Research & Evaluation in the Division of Chronic Disease and Injury Prevention at the LA County Department of Public Health.*

visits for children ages 12-17, and if they screen positive staff would then provide further guidance in acquiring local food and resource assistance. Clinic staff have been trained with talking points and directions to refer patients to a Registered Dietitian if needed, while also providing a Food RX Guide with information on local food banks/ pantries, recipes, local Champions for Change classes and resources for free groceries.

NEVHC currently operates 15 licensed Health Centers, 4 Dental Clinics, and 13 WIC Sites throughout the San Fernando & Santa Clarita Valleys. Once the Pacoima pilot is able to collect data and gather best practices, staff plans to explore additional opportunities to screen for food insecurity with other programs and sites, while also offering recurring produce swaps at partner sites.

Considering food insecurity is no easy feat to solve alone, NEVHC is currently working to coordinate many local resources to connect patients with organizations that provide support such as local food banks/ pantries, an internal Community Resource Help Line in case patients have questions or concerns, as well as an online platform known as One Degree which is a kind of “Yelp” service that provides resources based on one’s location. Referrals are also being made to SNAP-Ed classes (Champions for Change), grocery store tours, edible gardens, community assistance programs, DPSS workers, and community walking groups.

In 2017, NEVHC provided 239,132 health care visits for 74,608 patients. Of these patients, the vast majority (98%) have incomes below 200% of the Federal Poverty Level (FPL), 75% live below 100% of the FPL, 23% are uninsured and 86% are Latino. In order to understand the needs of the community and the organization, Focus groups and key informant interviews helped identify the resources and gaps in the community while patient were also surveyed on SDoH resources used at NEVHC Health Centers.

NEVHC is striving to create a healthier food environment by extending our services beyond the four walls of our health centers. Screening for food insecurity at our health centers and connecting patients to resources has made a significant impact in the health of our patients. Currently, 8 pediatric providers and their care teams have been implementing the screenings and referrals at our Pacoima and Valencia Health Centers.

Additionally, 4 community health workers are screening adults at our Pacoima, Sun Valley, and San Fernando Health Centers. Recently, Pedro, our nutritionist followed up with a patient who screened positive for food insecurity. He learned that the 13-year-old and her family recently immigrated to the US from Latin America. Everything is new to the family and they are struggling financially. The family is living with another family in a small apartment until they find another place to live. When Pedro called the family in March, he enrolled the mother in One Degree and referred her to food banks in their area and housing resources. Pedro followed up with the family in May and they are receiving free food from the food bank he referred them to and the children are receiving free meals from the school's summer meal program. The mother is hesitant to apply for housing assistance as she is afraid of putting her citizenship status at risk. Although housing continues to be an issue, food became one less thing they had to worry about. Pedro ~ "The family expressed gratitude towards this service and the mom sounded more hopeful from the first time I talked to her." Hearing our patients share their stories on ways our team has been of assistance is extremely rewarding and motivates us to continue to battle food insecurity in our community.

## New E-Learning Platform Focused on Building Healthy, Inclusive Communities

The [National Center on Health, Physical Activity, and Disability \(NCHPAD\)](#) is a public health practice and resource center that provides information and tools on physical activity, health promotion, and disability. In support of SNAP-Ed goals and objectives, Local Implementing Agencies are invited to explore a new e-learning platform from NCHPAD. Available [here](#). First time users are asked to create an account. Training courses housed within this platform are organized by the following topics:

- Nutrition
- Disability Awareness
- Disability and Aging
- Health Care
- Public Health
- Fitness Professionals
- Educators
- Guidelines, Recommendations, Adaptations, Including Disability

## Engaging New Allies in the Health Equity Movement: Highlights and Recommendations from the 2018 Summit's Innovation Think Tanks



This report summarizes highlights and recommendations that emerged from Health Equity Initiative's 2018 Summit Innovation Think Tanks. The Think Tanks format was instrumental to facilitate a consultative process and enabled summit participants to develop a shared vision on four important themes, which the Summit explored also via panel discussions: *Strategies and Models for Multisectoral Partnerships for Health Equity; Race, Racism, and Health Equity; Poverty and Health Equity; Gender, LGBTQIA+, and Health Equity.*

This report includes overall and topic-specific recommendations that emerged from the Summit's Innovation Think Tanks as well as conclusions, next steps, and promising strategies for multisectoral collaborations and interventions to overcome social discrimination and other key barriers to health equity across issues of racism, poverty, and gender/LGBTQIA+ bias. The report is complemented by the [Mind Maps](#) developed by Think Tank participants. Download full report [here](#).

## Webinars

### **Discussion with the RAND Corporation on the Value of Out-of-School Time Programs** **Thursday, July 26, 2018, 11:00 AM Pacific**

Recently, longstanding federal funding for after-school programs has come under scrutiny. In response, the RAND Corporation issued this report, which provides an overview of the rationale for publicly funding Out-of-School Time (OST) programs, outlines a model for linking different categories of OST programs to likely outcomes, and suggests implications and recommendations for policymakers, funders, OST program leaders and researchers. This webinar is presented in partnership with the Forum for Youth Investment. Register [here](#).

### **Federal Grant Budget** **Tuesday, July 31, 2018, 9:00 AM Pacific**

An essential component of the [Higher Education Technical Assistance Project](#) (HETAP) is working with faculty at Minority Serving Institutions. This webinar serves as an effort to address faculty needs in further detail as it relates to competitive grant writing. This webinar will provide an overview of how to complete a federal grant budget for National Institutes of Health (NIH) sponsored research, using real examples and fielding participant inquiries. This webinar is open to all who wish to become better acquainted with the "Do's and Don'ts" of composing a federal budget. Register [here](#).

### **Using Data to Promote Access to High-Quality Work-Based Learning: Tools and Considerations for States** **Thursday, August 2, 2018, 11:00 AM Pacific**

Across the country, states are increasingly looking to expand student access to work-based learning (WBL) experiences as a strategy to improve student college and career readiness. In order to promote equitable access to high-quality WBL, states should consider ways to use data to inform the design, scale, and implementation of their WBL systems. This webinar will provide an overview of the role geographic information systems (GIS) and WBL measures can play in helping states make data-driven WBL decisions, highlight examples of emerging states that are utilizing GIS and WBL measures, and share new resources and tools to help support states' WBL efforts. Register [here](#).

### **Igniting Change from the Ground Up: Uplifting Best Practices for Community Organizing and Leadership Engagement** **Tuesday, August 7, 2018, 11:00 AM Pacific**

This webinar will focus on tools and resources communities have utilized to build a strong base of support and mobilize leaders around efforts that advance health and equity. Presenters will highlight best practices from both urban and rural communities around the country. Participants will have the opportunity to learn about engagement techniques for cultivating leadership, approaches for fostering community ownership, and action-oriented strategies that support policy and systems change rooted in partnership. Register [here](#).

### **Back to School, Back to Breakfast! Strategies to Promote Your School Breakfast Program** **Thursday, August 9, 2018, 11:00 AM Pacific**

Start the 2018-2019 school year strong by promoting a robust breakfast program in your schools! Efforts to increase breakfast participation pay off throughout the school year — school breakfast leads to improved dietary intake, reduced food insecurity, better test scores, improved student health, and fewer distractions in the classroom throughout the morning. Join this webinar to learn effective strategies to use at the beginning of the school year to get students excited about breakfast and increase the reach of your program. Register [here](#).

## Funding Your Behavioral Health Equity Work: How, What, and With Who?

Tuesday, August 28, 2018, 11:00 AM Pacific

The [National Network to Eliminate Disparities in Behavioral Health](#) is hosting a Virtual Roundtable to help NNED partners, especially smaller organizations, enhance their capacity to seek and secure funding. The virtual roundtable will feature panelists representing the funder perspective, as well as smaller and larger NNED partner organizations who have experience seeking funding. Panelists will discuss the process for federal and foundation applications, highlight smaller foundation opportunities, consider networking opportunities, and explore how organizations can be proactive to position themselves for funding while maintaining their organization or program mission and vision. In addition to a “how to” summary, panelists will discuss understanding community needs, partnering and relationship building, readiness, capacity building beyond the technical approach, and community-driven responses. Register [here](#).



## Funding Opportunities

### Using Technology to Prevent Childhood Obesity in Low-Income Families and Communities Challenge

Due: Monday, September 24, 2018

The Maternal and Child Health Bureau at the Health Resources and Services Administration is looking for innovative solutions to empower low-income families to achieve healthy eating practices, healthy lifestyles, and sustainable changes within the home environment – within the broader context of their community. Learn more [here](#).



## Recommended Reading

### Measuring Beverage Consumption in US Children and Adolescents: A Systematic Review

Anna H. Grummon, Rebecca L. Sokol, Christina A. Hecht and Anisha I. Patel

In this paper, Nutrition Policy Institute systematically reviewed nearly 600 articles published on US children's beverage intake during the past decade. It describes the 'state-of-the-science' of measuring beverage intake in youth, asking whether published articles use reliable and valid methods and whether researchers follow best practices for beverage intake assessment. Results suggest there is room for improvement in both how researchers measure children's beverage intake and how clearly authors describe the measurement process in their published work. Read the manuscript [here](#).

### American Journal of Public Health Podcast – August 2018: Institutional Racism and the Health Gap Plaguing the Nation

In this podcast we explore this notion of so-called institutional racism (IR) with Mary Bassett (NYCDOH), Lisa Bowleg (George Washington University) and Georges Benjamin (APHA). It has three chapters. We start by defining institutional racism. From there, we illustrate these definitions. We follow this discussion by specifying how public health agents, researchers, and policymakers can play an active role to combat institutional racism and its impact on the health of the public. Listen to the podcast [here](#).



## Training Resources

Title	Date / Time	Format	Location	Info	Registration
Breakthrough Messaging for SNAP-Ed LIAs	Thursday August 2, 9:00 AM	Online Modules	---	---	<a href="#">Register Here</a>
The Complete Guide to Hosting Statewide Day of Action: Healthy Snack Day: August 29	Thursday August 16, 10:30 AM	Webinar	---	---	<a href="#">Register Here</a>
Greater Los Angeles Promising Practice Exchange	Monday, September 24, 9:00 AM	In-Person	Los Angeles	---	---

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 Naho Fukushima at [nfukushima@ph.lacounty.gov](mailto:nfukushima@ph.lacounty.gov).