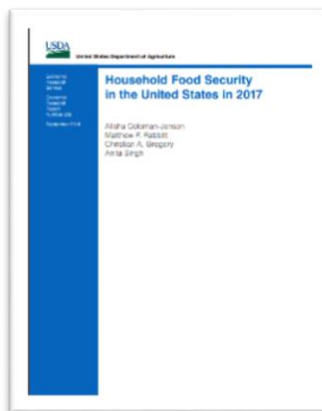


INSIDE

- Household Food Security in the United States in 2017 1
- Updated Physical Activity Resource Guide from California Department of Public Health 1
- Hispanic Heritage Month: Publications in Spanish 2
- The Role of Law and Policy in Achieving the Healthy People 2020 Nutrition and Weight Status Goals of Increased Fruit and Vegetable Intake in the United States 2
- New Toolkit: Nutrition Support of the Very Low Birth Weight (VLBW) Infant 2
- Sugary Drink Strategy Playbook: Reducing Sugary Drinks to Promote Community Health & Equity 3
- Locate WIC Farmers’ Markets on Your Phone 3
- Webinars..... 3
- Funding Opportunities..... 4
- Recommended Reading..... 5
- Training Resources 5

Household Food Security in the United States in 2017



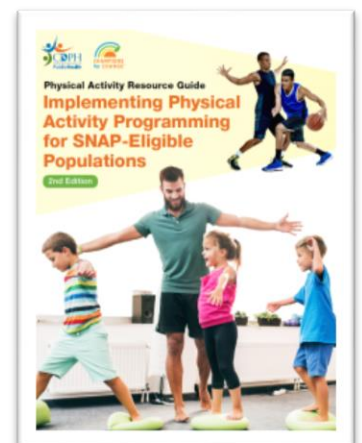
Most U.S. households have consistent, dependable access to enough food for active, healthy living—they are food secure. But some households experience food insecurity at times during the year, meaning their access to adequate food is limited by a lack of money and other resources. USDA’s food and nutrition assistance programs increase food security by providing low-income households access to food for a healthful diet and nutrition education. USDA monitors the extent and severity of food

insecurity in U.S. households through an annual, nationally representative survey sponsored and analyzed by USDA’s Economic Research Service (ERS). This report presents statistics from the survey that cover household food security, food expenditures, and use of Federal food and nutrition assistance programs in 2017. Read the report [here](#).

Updated Physical Activity Resource Guide from California Department of Public Health

The Nutrition Education Obesity Prevention Branch (NEOPB) within the California Department of Public Health (CDPH) has updated its Physical Activity Resource Guide (PARG). The PARG is

intended to aid and support County Health Offices, local community organizations, schools and others in physical activity programming. The guide leads the reader through the complete process of health programming, Assessment, Planning, Implementation and Evaluation. Three new sections have been added to the guide, Physical Literacy, Older Adults (age 60 and above) and Physical Activity and Physical Activity for Individuals with Physical Limitations and Disabilities. The PARG is available to download free at this [link](#).



Hispanic Heritage Month: Publications in Spanish



¡Bienvenidos! El Instituto Nacional Sobre el Envejecimiento (NIA, por sus siglas en inglés), forma parte del gobierno federal de los Estados Unidos. Nosotros ofrecemos información sobre el envejecimiento y la salud a adultos mayores, a personas que proporcionan cuidados y a otros individuos. Nuestras publicaciones son gratuitas para individuos y organizaciones en los Estados Unidos. Esperamos que comparta estas publicaciones con amigos y familiares.

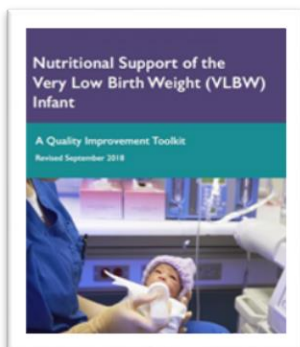
The National Institute on Aging (NIA) has dozens of easy-to-read Spanish-language web articles on topics of concern to older adults, including healthy eating, exercise, heart health, high blood pressure and caregiving. Learn more [here](#).

The Role of Law and Policy in Achieving the Healthy People 2020 Nutrition and Weight Status Goals of Increased Fruit and Vegetable Intake in the United States



A new report, *The Role of Law and Policy in Achieving the Healthy People 2020 Nutrition and Weight Status Goals of Increased Fruit and Vegetable Intake in the United States*, is the first in a series of evidence-based reports, webinars, and success stories (called “Bright Spots”) intended to help community and tribal leaders, government officials, public health professionals, health care providers, lawyers, and social service providers implement policy changes to improve community health and well-being.

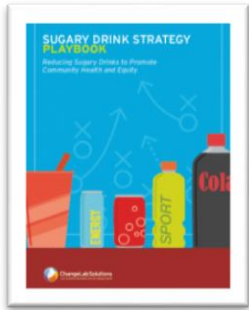
Healthy food intake remains a problem in our country. Only 1 in 10 adults eat the recommended amount of fruits or vegetables each day. Beyond individual choice, many factors influence people’s eating patterns — including cost and the ability to access healthy foods. Read the [report](#) to learn about the challenges to and opportunities for improving intake of fruits and vegetables across the Nation.



New Toolkit: Nutrition Support of the Very Low Birth Weight (VLBW) Infant

Even though postnatal growth failure rates have declined in the last decade, there is still a fifty percent growth failure rate for very low birth weight (VLBW) infants. Taking care of preterm, ill and VLBW infants is complex and nutrition is critical for healthy outcomes. For VLBW infants the first two weeks are critical. Check out the recently updated [toolkit](#), provided by California Perinatal Quality Care Collaborative (CPQCC) with resources for hospital neonatal intensive care units (NICU).

Sugary Drink Strategy Playbook: Reducing Sugary Drinks to Promote Community Health & Equity



Sugary drinks (also called sugar-sweetened beverages, or SSBs) are any non-alcoholic beverages that contain added caloric sweeteners, like non-diet soda, fruit ades, sports drinks, energy drinks, sweetened waters, and sweetened coffee and tea beverages. These commonplace beverages are at the nexus of many important health equity issues, such as lack of nutritious food options for low-income families and targeted marketing to underserved communities.

ChangeLab Solutions developed the [Sugary Drink Strategy Playbook](#) and companion [infographic](#) to provide an overview of 10 common and cutting-edge strategies for communities to reduce consumption of sugary drinks. In addition to updated information on the latest public health science and the legal landscape, the revised playbook includes these features:

- Health equity in focus boxes that highlight equity considerations and challenges for sugary drink reduction strategies
- Collaboration & engagement sections that offer guidance on generating support for sugary drink reduction strategies through multisector collaboration and community engagement
- Strategy in action examples that document real-world implementation of specific strategies
- Key resources for leaders who want to learn more about a particular strategy

Locate WIC Farmers' Markets on Your Phone

It is always a great time to shop at a Farmers' Market and that includes also for California WIC participants. More and more farmers and farmers' markets are authorized to accept WIC checks. It just became easier to locate the markets using the [mobile WIC website](#), provided by California Dept. of Public Health (CDPH). In addition to many other WIC program features on the mobile website, one can find farmers' market locations, days and hours of operation. Check the link and head to the market for fresh, local produce and meet the farmers and market staff! Looking for information on becoming authorized to accept WIC checks at farmers' markets? Check out the [CDPH](#) and [CWA](#) information and resources, including the [Farm2WIC: Tapping New Markets, Building Healthy Communities](#), an issue brief to share with farmers, market managers, supporters of farmers' markets and WIC, and local and state decision makers.



Webinars

Role of Law and Policy to Increase Fruit and Vegetable Intake
Thursday, September 27, 2018, 10:00 AM Pacific

[Join us for the first Law and Health Policy webinar!](#) You'll hear from the report authors about key findings around using law and policy interventions to increase fruit and vegetable intake and learn how a large city used regulation to improve availability of staple foods, including fruits and vegetables, in retail settings. [Register now.](#)

Show Me the Money – Innovative Funding Approaches to Promote Health Equity
Wednesday, October 3, 2018, 11:30 AM Pacific

Public health organizations often are frustrated by the lack of specialized funding to promote equity. Categorical funding by disease may restrict the types of interventions needed to tackle the complex causes of health disparities. Please join us for this forum, which will feature place-based initiatives that are leveraging diverse funding, assets, and commitments of multiple sectors, while at the same time involving the community members in meaningful ways to advance health equity. This event is recommended for anyone working in public health, advocacy, community-based systems, education, faith-based organizations, hospitals/health systems, insurers, local and state health officials, and housing. Register [here](#).

Summer Meals Matter: Improving Meal Quality and Incorporating Local Foods

Thursday, October 4, 2018, 10:00 AM Pacific

October is National Farm to School Month, but there are opportunities to incorporate fresh, local foods into meals served all year – even during the summer! The quality of meals plays a key role in the success of summer meal programs. One way to improve the quality and appeal of the Summer Nutrition Programs is to make local foods part of the meals and snacks served at sites. Join this call to learn from sponsors and program providers how sourcing locally can have a positive impact on programs, children, and the community. Register [here](#).

Results from the 2018 National Farm to Early Care and Education Survey

Thursday, October 11, 2018, 11:00 AM Pacific

The National Farm to School Network, in partnership with Michigan State University Center for Regional Food Systems, launched the 2018 National Survey of Early Care and Education Providers in the spring of 2018. Over 2,000 ECE providers from across the country responded and shared information about current farm to ECE initiatives, motivations for participation, challenges to starting or expanding farm to ECE, and more. Join us to hear about the survey findings and learn how you can use the results to promote farm to ECE in your state and community. Register [here](#).



Funding Opportunities

Healthy Tomorrows Partnership for Children Program (HTPCP) – FY 2019

Deadline: Monday, October 1, 2018

The purpose of this program is to support community-based services aimed at improving the health status of children, adolescents, and families in rural and other underserved communities by increasing their access to health services. Supported projects must provide public health services and align with the funding agency's goal to improve access to quality health care and services, build healthy communities, and improve health equity. Funds may be used to support a new initiative within the community, or an innovative new component that builds upon an existing community-based program or initiative. Learn more [here](#).

Special Solicitation on Beverage Consumption in Early Childhood

Deadline: Wednesday, October 3, 2018

Healthy Eating Research has released a [Special Solicitation on Beverage Consumption in Early Childhood](#). This call for proposals (CFP) focuses exclusively on research that informs the development of policy and environmental strategies that decrease consumption of sugar-sweetened beverages (SSBs) and/or increase access to and consumption of safe water among 0- to 5-year-olds in the United States, with a priority on lower-income and racial and ethnic minority populations that are at-risk of poor nutrition and obesity. All applications for this solicitation must be submitted via the RWJF online system. Visit [RWJF's funding opportunity page](#) and use the "Apply Online" link.

Addressing the Etiology of Health Disparities and Health Advantages among Immigrant Populations

Deadline: Friday, October 5, 2018

The purpose of this Funding Opportunity Announcement (FOA) is to support innovative research to understand uniquely associated factors (biological, behavioral, sociocultural, and environmental) that contribute to health disparities or health advantages among U.S. immigrant populations. Learn more [here](#).

Help a School Get a BRITA Hydration Station Today

Deadline: Monday, October 15, 2018

This year, as the #1 Brand in Water Filtration, Brita is committed to filtering out the plastic bottles so that schools can enjoy better water without the waste. Through our inaugural Filter for the Future grant program, we will provide schools with Brita hydration stations. These stations remove Lead and other contaminants from drinking water. With just one Brita hydration station filter, a school can replace 18,000 plastic bottles. When you filter out the bad, you're left with the good and that's exactly what we want to help schools do.

The Brita hydration stations are indoor, wall-mounted units. These stations can replace any indoor drinking fountain. All they require is a water source and an electrical outlet. In most cases, they can replace any existing water fountain. Once installed, students can easily fill up their own reusable bottles. For further information, please see the Brita Hydration Station product information. Learn more [here](#).



Recommended Reading

Food Justice Now! Deepening the Roots of Social Struggle

Joshua Sbicca

[Food Justice Now!](#) charts a path from food activism to social justice activism that integrates the two. In an engrossing, historically grounded, and ethnographically rich narrative, Joshua Sbicca argues that food justice is more than a myopic focus on food, allowing scholars and activists alike to investigate the causes behind inequities and evaluate and implement political strategies to overcome them.

By highlighting sites where justice, rather than food, is the primary motivator of social action, Joshua Sbicca's timely and important book takes the conversation about food justice exactly where it needs to go.

— **Julie Guthman, co-editor of *The New Food Activism: Opposition, Cooperation, and Collective Action***



Training Resources

| Title | Date / Time | Format | Location | Info | Registration |
|---|------------------------|---------|----------|-----------------------|-------------------------------|
| Making a Difference: Including Individuals with Disabilities – How to Adapt Your SNAP-Ed Work for Individuals with Disabilities | Tue. 10/23 10:00 AM | Webinar | ----- | Flyer | 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 Champions for Change – Healthy Communities Initiative newsletter, please contact Naho Fukushima at nfukushima@ph.lacounty.gov.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.