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California Adopts First State-Wide Healthy-by-Default Kids' Meals Drink Law!

[SB 1192](#), California's Healthy-By-Default Kids' Meals Law, was authored by Senator Bill Monning (SD-17) and co-sponsored by the American Heart Association, Latino Coalition for a Healthy California, MomsRising, Public Health Advocates and the California State Alliance of YMCAs. SB 1192 goes into effect on January 1, 2019 and makes water or milk the default drink choice offered with all restaurant kids' combo meals that include a beverage. The law determines what is advertised and offered, but parents retain the ability to request an alternative beverage at no additional charge.

Local healthy kids' meal drink policies are not new in California. The [City of Davis](#) passed the first local healthy-by-default kids meal drink ordinance in the nation in 2015. Organizations including Public Health Advocates supported the effort because of the harmful effects that sugar-sweetened beverages have on children. In 2016, Public Health Advocates, with support from the American Heart Association, led the healthy-by-default kids' meal drink work in the [City of Stockton](#) and succeeded in the unanimous adoption of a city ordinance.

With the rise of prediabetes, diabetes, obesity, and other chronic diseases in children across America, healthy-by-default kids meal drink policies are gaining momentum. In April 2018, Baltimore, Maryland,

became the largest city in the nation to pass a healthy kids meal drink law. Currently, New York City, Washington, D.C., Vermont, New Hampshire, and Hawaii have proposals that look at making kids meals healthier with healthy default beverage options, and/or healthier food choices. Learn more [here](#).

LAC + USC Hosts 5th Annual Kids Health Fair

LAC+USC Medical Center, Department of Pediatrics is pleased to announce its 5th Annual Kidz Health Fair on Saturday, October 13, 2018 from 10:00 AM to 2:00 PM. This event invites the community to attend and enjoy the children festivities and interact with healthcare professionals about the variety of specialties offered at the facility. Additionally, community sponsors will be on-hand to provide health education, nutrition and exercise counseling, injury prevention tips, car and booster seat safety, and much more. Entertainment will include a variety of musical and dance performances, an opportunity for children to meet their favorite Avengers characters and radio personalities from La Raza and Mega 96.3 FM, along with other special guests. For more event information, residents can contact 323-226-5318.

October is National Farm to School Month!

NATIONAL
FARM to
SCHOOL
MONTH

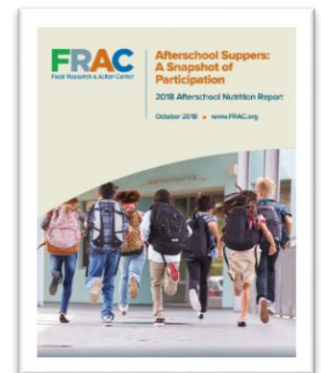


Join the National Farm to School Network and thousands of schools, early care and education sites, farms, communities and organizations across the country as we celebrate food education, school gardens and lunch trays filled with healthy, local ingredients. Here are several easy ways to get involved. Happy National Farm to School Month!

- **Take the Pledge:** Pledge to *get informed, be inspired and take action* for farm to school in October, and you'll be entered to win support for farm to school activities at the school or early care and education site of your choice! [Take the pledge here.](#)
- **Get Involved:** Explore our [national calendar of Farm to School Month events](#) to see how you can celebrate in your state.
- **Spread the Word:** Shout out about farm to school and share what you're doing for National Farm to School Month with the hashtags [#F2SMonth](#) and [#farmtoschool](#) on social media.
- **Explore Resources:** Check out our [free resources](#) for planning and promoting celebrations in your community, including our *new* Farm to School Month Celebration Toolkit, customizable posters and bookmarks, stickers and more.

Afterschool Suppers: A Snapshot of Participation

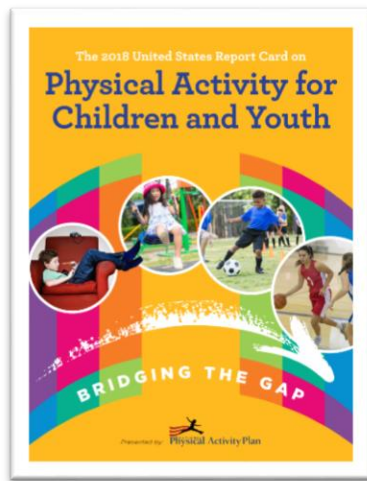
More than 1.2 million low-income children benefited from afterschool suppers on an average weekday in October 2017, an 11 percent increase from the previous year, according to the annual *Afterschool Suppers: A Snapshot of Participation* report, released today by the Food Research & Action Center (FRAC). The report analyzes participation data in the federal Afterschool Supper Program and Afterschool Snack Program, nationally and by state. Despite an increase in participation from 2016, the report finds that only one child received an afterschool supper for every 19 low-income children who participated in the National School Lunch Program in October 2017. Read the report [here](#).



Coalition on Human Needs: The Human Needs Report

Coalition on Human Needs just released a new edition of the *Human Needs Report*. Read on for the latest on the FY19 Labor-H bill and other FY19 spending, a proposed anti-immigrant rule, a bill to fight the opioid crisis, tax cuts 2.0, reactions to the Supreme Court confirmation, and more. Read report [here](#).

The 2018 United States Report Card on Physical Activity for Children and Youth



The 2018 United States (U.S.) Report Card is the third comprehensive assessment of physical activity in U.S. children and youth, updating the first Report Card released in 2014¹ and second released in 2016.² The primary goal of the 2018 U.S. Report Card is to assess the levels of physical activity and sedentary behaviors in American children and youth, facilitators and barriers for physical activity, and health outcomes related to physical activity. The tracking of physical activity indicators over time is an important surveillance tactic that allows for an assessment of population-level changes in behavior. The Report Card is a resource that summarizes health statistics related to physical activity levels among children and youth in the U.S. More importantly, the Report Card is an advocacy tool that provides a level of accountability and call-to-action for decision makers regarding how we, as parents, teachers, health professionals, community leaders, and policy makers, can implement new initiatives, programs, and policies in support of healthy environments to improve the physical activity levels and health of our children and youth. Read report [here](#).

Webinars

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](#).

Nutrition, Convenience, and Sustainability: It's in the Can **Thursday, October 11, 2018, 11:00 AM Pacific**

According to the Dietary Guidelines for Americans (DGA), all forms of foods, including canned foods, can be included in healthy eating patterns. With three-fourths of the population not eating the recommended amounts of fruits and vegetables, this webinar will explore how canned foods can be a part of the solution to help increase produce intake. Join registered dietitian and food and nutrition industry veteran, Toby Amidor, as she explores some of the major barriers that still exist when it comes to canned food usage, based on research findings from the Can Manufacturers Institute. Register [here](#).

What's in it for You? The Importance of Latino Representation in Research Studies **Monday, October 15, 2018, 10:00 AM Pacific**

This webinar will provide an overview on Hispanic participation in research studies, specifically longitudinal studies and clinical trials. Speakers will explore factors such as culture, acculturation and fear, among others that are a barrier for Hispanic enrollment and retention in research studies. Additionally, the webinar will highlight the importance of Latino participation to help improve science and will highlight the efforts to reach this population. Objectives are: Provide an overview of the importance of minority populations participation in research studies • Identify factors that impede Latinos from enrolling in research studies • Highlight programs and share resources that may help Latino communities be more involved in research. Register [here](#).

Preemption, Public Health, and Equity: The Search for Local Solutions

Tuesday, October 16, 2018, 11:00 AM

Welcome to *Preemption, Public Health, and Equity: The Search for Local Solutions*, a bonus training in our Building Healthy, Equitable Communities Series. We invite you to join us for this webinar, in which we'll explore the effects of states' placing limits on local government power and how preemption both hinders and advances health equity. The discussion will touch on: The history of preemption and public health; Current trends in preemption across the country; Why preemption is an equity issue; Resources that support efforts to preserve local democracy. Register [here](#).

Taking Action to Promote Health Equity Series: Breaking Outside of the Box – Innovative Collaborations

Tuesday, October 16, 2018, 11:30 AM Pacific

Ensuring lasting community health and equity calls for innovation, collaboration and a multifaceted approach that addresses underlying determinants of health, including discrimination and poverty. By adopting strategies that include criminal justice reform, local purchasing, job training, community investment, and other endeavors, W.K. Kellogg-funded organizations are contributing to efforts that create equitable opportunity and better meet broader community needs, priorities, and challenges. Please join us for an engaging Dialogue4Health discussion during which leaders and partners describe why they have taken this approach and how it benefits not just their organizations, but the surrounding areas they serve, and ultimately improves health equity. Register [here](#).

Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List

Thursday, October 18, 2018, English 11:00 AM Pacific / Spanish 12:00 PM Pacific

Presented as part of USDA Team Nutrition's FREE monthly CACFP Halftime: Thirty on Thursdays webinar series, this webinar will focus on how Child and Adult Care Food Program (CACFP) operators can use a food's ingredient list to identify whole grain-rich items for their menus. Attendees will have a chance to submit questions to the presenters and check their knowledge through interactive polling questions. Register [here](#).

Winning Strategies to Engage Diverse Communities in Safe Routes to School

Wednesday, October 24, 2018, 10:00 AM Pacific

Low-income communities and communities of color are more vulnerable to unsafe travel partly because of inequities in infrastructure and programming. By engaging diverse communities in Safe Routes to School, we can help change this! Join us to learn about the importance and impact of meaningful community engagement in Safe Routes to School programs. Register [here](#).



Funding Opportunities

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](#).

The Youth Diversion and Development Division of Department of Health Services

Thursday, October 25, 2018

The Youth Diversion and Development Division of Department of Health Services released a Work Order Solicitation for the provision of Youth Intensive Case Management Services (Y-ICMS) to provide: (1) Youth Diversion and Development Services to youth referred to community-based programs in lieu of arrest or citation; and/or (2) Juvenile Reentry Aftercare Services to youth released from juvenile hall without probation status. Learn more [here](#).

2018 Community Change Grant

Friday, November 2, 2018

America Walks is excited to announce another round of our popular Community Change Grant program. This program will award grantees \$1,500.00 in community stipends for projects related to creating healthy, active, and engaged places to live, work, and play. Funded projects will increase walking and benefits of walkability in communities, work to grow the walking movement by engaging people and organizations new to the efforts and take steps towards creating a culture of inclusive health. Projects should be able to demonstrate how they will create healthy, active, and engaged communities that support walking as transportation, health, and recreation. [Click here to complete the application](#). Contact Heidi Simon at hsimon@americawalks.org with questions.

The Gerber Foundation – Pediatric Research Grant

Deadline: Monday, November 5, 2018

Funds projects that improve the nutrition, care and development of infants and young children from the first year before birth to three years of age. Learn more [here](#).



Recommended Reading

Why Even Healthy Low-Income People have Greater Health Risks than Higher-Income People

Peter J. Cunningham

The health of people with low incomes often suffers because they can't afford adequate housing, food, or child care. Such living conditions, and the stress they cause, can lead to higher rates of tobacco and alcohol use and [increase the risk of health problems](#) developing or worsening over time. In addition, partly because they are more likely to be unable to afford care, people with low-incomes use fewer preventive care services. As a result, there are fewer opportunities for practitioners to assess and educate these patients about their health risks. Even when low-income people do see health care providers, the social needs like poor housing that may affect their health and complicate treatment are rarely addressed. If health plans and providers can better meet the needs of these patients, such [improvement might spur higher quality improvements](#) throughout the system. [Read this article](#) to learn more.

The Doctor Who Prescribed Cooking Classes

Has your doctor ever written you a prescription for cooking classes? Does your doctor know your parents? Your siblings? The medical history of your uncle and grandparents? Yeah, we're serious.

This week on *The Dose*, Shanoor Seervai sits down with Martin Marshall, a primary care physician from the U.K. Through the stories of his patients, Martin explores the differences between his home country and the United States when it comes to delivering primary care. Martin talks about managing a patient's diabetes with cooking classes, how he can lean on his intimate knowledge of a patient's family history to arrive at a diagnosis, and about his experience with our health system during a stay in the U.S. [Download in iTunes](#) or read the [transcript](#).



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.
