



Champions for Change
Healthy Communities Initiative

Newsletter



Nutrition and Physical Activity Program

Issue 40 | 1/7/19

Message from the Director

Happy New Year! As we begin the new year, I wanted to take this opportunity to reflect on all that we've accomplished in 2019. This past year, we have conducted 4,529 direct nutrition education and physical activity promotion classes, reaching approximately 23,260 low-income children and adults. Through our Impact Outcome Evaluation, results showed that fruit and vegetable consumption increased from baseline to follow-up among adults participating in our SNAP-Ed classes. On average, self-rating of healthy eating habits increased by 1 point on a scale of 10.

In addition, approximately 250 policy, systems, and environmental change projects (edible gardens, school wellness policies, healthy retail store conversion, smarter lunchroom movement, employee wellness, healthy food procurement and distribution, active transportation, food insecurity screening in healthcare settings, and healthy food pantries) were in progress to improve access and availability to healthier foods and opportunities for physical activity.

Food insecurity continues to be a central issue for our County Board of Supervisors and the Department of Public Health. We have partnered with the Department of Health Services and the Department of Public Social Services to implement food insecurity screening in County clinics and establish a referral pathway to CalFresh, food pantries, and nutrition education classes focused on healthy eating and food resource management. In addition, we partnered with RAND Corporation to study food insecurity screening and food redistribution strategies in LA County. Interviews were conducted with 1,000 patients impacted by food insecurity screenings, 400 recipients of food redistribution efforts, and 27 staff from various organizations working on these strategies. The findings from the results of the study will help us address the growing challenge of food insecurity in Los Angeles County.

We had great success in implementing two statewide campaigns, Rethink Your Drink and Healthy Snack Day. Many of our partnering agencies participated in these events, reaching tens of thousands of individuals and families by conducting educational events in the community. Some of our agencies even received television coverage for their innovative work!

Lastly, we received two awards presented by the Nutrition Education and Obesity Prevention Branch at California Department of Public Health (CDPH) at the SNAP-Ed Directors' Meeting in Sacramento: Exceptional Media and Communications Work and Excellence in Programs. We are proud to be recognized by our funders, and we want to thank all our partnering agencies for their hard work and dedication.

We are looking forward to continuing our efforts to improve the health of children and families throughout Los Angeles County in the upcoming year. Wishing everyone a very healthy new year!

Dipa Shah-Patel, MPH, RD

Director, Nutrition and Physical Activity Program
Los Angeles County Department of Public Health

Children's Physical Activity Declines Starting at Age 6

A new study of 600 children has found that the decline begins as early as age 6, younger than experts had expected. After adjusting for body mass index, the scientists found that average time spent in physical activity declined by about 75 minutes a day by the time the children were 11. Light physical activity declined by 45 minutes a day, and moderate to vigorous activity, which remained steady until age 8, declined an average of 31 minutes a day by age 11. Only 63 percent of 11-year-olds were getting the recommended 60 minutes a day of moderate to vigorous exercise, compared with 82 percent of 6-year-olds. Boys got more moderate to vigorous exercise than girls, and girls more light activity than boys, but the overall decline in exercise was sharper in boys. Read study [here](#).

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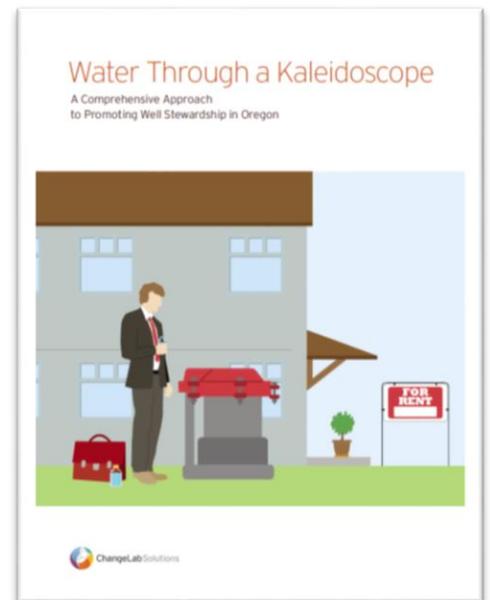
Improving Well Water Quality and Well Stewardship

CASE STUDIES ON PROMOTING POLICY CHANGE IN PRIVATE WELL SYSTEMS

We often take safe drinking water for granted. Yet across the country, families drink water from private wells that are not subject to federal safe drinking water standards. Their water usually looks and tastes clean, but in fact, it may be contaminated with harmful bacteria, nitrates, or arsenic. Exposure to these contaminants can lead to serious health consequences, affecting entire communities.

The good news is that with routine well testing, water treatment, and better access to alternative water sources, we can practically eliminate the harms and risks associated with contaminated wells. State and local agencies play a crucial role in promoting policy, system, and environment (PSE) changes that ensure safe, clean drinking water for all.

ChangeLab Solutions developed these four case studies for staff in state and local health departments who want to learn how to enact changes that improve the quality of private well water and well stewardship in their jurisdictions. These case studies explore key steps that state and local public health agencies can take to move toward PSE changes. Read case studies [here](#).



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California Teens Who Engage in Civic Life are Healthier, Aim Higher in Education



A new study from the UCLA Center for Health Policy Research discovered gap by race, income, between those interested in and those who participate in activity among California adolescents in high school. Using data from the 2013-14 California Health Interview Survey (CHIS), the study found that the most common civic engagement activity among high school teens in California is volunteering. Latino teens and those from low-income families have lower rates of civic engagement. Higher rates of civic engagement are associated with better health status, fewer days of missed school due to health, better grades and greater perceived likelihood of attending college.

Strategies to increase adolescent civic engagement could help promote healthy developments. Policymakers, schools, and community organizations can promote civic engagement among all youth by expanding programs, encouraging youth participation in school and community organizations and engage youth who have not traditionally been included in civic activities. Read full press release [here](#) or the policy brief [here](#).

National Anti-Hunger Policy Conference

NATIONAL ANTI-HUNGER POLICY CONFERENCE

FEBRUARY 24-26, 2019
Washington, DC
Omni Shoreham Hotel

The National Anti-Hunger Policy Conference, co-sponsored by the Food Research & Action Center and Feeding America, and in cooperation with the National CACFP Forum, draws anti-hunger and anti-poverty advocates; federal, state and local government officials; child advocates; representatives of food banks and food rescue organizations; sponsoring organizations and nutrition and anti-obesity groups.

Members of Congress, Hill staff, and key Administration officials attend the conference, provide comments as part of plenary sessions and panels, and join participants at receptions and special events.

The three-day event is packed with numerous networking opportunities, interactive training, content-rich sessions, and a day on Capitol Hill to meet with Members of Congress and their key staffers. Participants share information and learn how to strengthen the quality and reach of federal nutrition programs, learn best outreach and program practices from other states and localities, fill in the gaps in food service for millions of low-income children, and identify creative ideas for new and innovative approaches to ending hunger. Register [here](#).

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Webinars

Let's Get Moving: The Power of Physical Activity January 9, 2019 at 2pm Eastern, 11am Pacific

In November 2018, new HHS Physical Activity Guidelines were released. They confirmed what we at America Walks already know- that when people move more, they are healthy, active, and engaged. Explore the guidelines and how communities are promoting physical activity with this webinar. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic Register [here](#).

Breakfast Matters Webinar: Planning Ahead for Community Eligibility: Basics, Tools, and Implementation Tips January 10, 2019, 12pm Pacific

This community eligibility webinar is brought to you in partnership by FRAC, SNA and AASA, The School Superintendents Association. Community eligibility is a huge success, reducing paperwork for schools and increasing school breakfast and lunch participation. School districts will need to decide if they want to opt in for the 2019-2020 school year by June 30, 2019. Deciding to implement takes time and requires collaboration among school administrators and sometimes involves getting approval from the school board—so it's not too soon to start these conversations. This webinar will cover the basics of how community eligibility works, new FRAC resources to help your district implement community eligibility, and implementation tips from community eligibility school districts. Register [here](#).



Funding Opportunities

2019 Empowering Older Adults and Adults with Disabilities through Chronic Disease Self-Management Education Programs Close Date: Jan 29, 2019

The Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) forecasts the possible availability of Fiscal Year (FY) 2019 funds to make three-year grants to approximately 10 entities to develop capacity for, bring to scale, and sustain evidence-based programs that empower older adults and adults with disabilities to better manage their chronic conditions. ACL intends to compete these 10 grants via two options (both with 36-month grant periods): (A) Sustainable Systems Grants: approximately six grants of \$500,000 to \$900,000 focused on developing integrated, sustainable systems for delivering evidence-based chronic disease self-management education and self-management support programs. (B) Capacity-Building Grants: approximately four grants of \$50,000 to \$150,000 to build capacity to introduce and deliver evidence-based chronic disease self-management education and self-management support programs within underserved areas and/or populations. Learn more [here](#).

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Leveraging Health Information Technology to Address Minority Health and Health Disparities

Close Date: March 4, 2019

National Institute on Minority Health and Health Disparities (NIMHD) has released a new funding opportunity announcement (FOA). The FOA is designed to support research that examines the impact of leveraging Health Information Technology to reduce disparities by increasing access to and delivery of care, improving patient-clinician communication, and improving health outcomes for minority health and health disparity populations in the United States. NIMHD encourages inquiries concerning this funding opportunity and welcomes the opportunity to answer questions from potential applicants. Learn more [here](#).



Training Resources

Title	Date / Time	Format	Location	Info	Registration
Harvest of the Month LHD Design	Tue, 1/8 11:00 AM	Webinar	-----	-----	Register Here
Physical Activity (PA) Integration: Moving Towards Successful and Sustainable PA	Tue. 1/15 9:00 AM	In-Person	Bakersfield	-----	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 Tania Marquez at tmarquez@ph.lacounty.gov

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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.
