

Designing Sugary Drink Taxes

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Sugary drinks are the number one source of added sugars in the American diet and are a major contributor to our country’s high rates of heart disease, type 2 diabetes, obesity, poor oral health, and other chronic health conditions, as well as associated health disparities among racial and income groups. Public health experts target reductions in sugary drink consumption as a primary method for improving community health outcomes.

In the last few years, one reduction strategy has received growing support from both the public and policymakers: taxing sugary drinks to both decrease consumption and raise

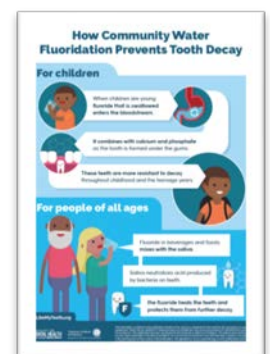


revenues that can be invested in creating healthier communities and addressing social and health inequities.

ChangeLab Solutions and Healthy Food America created *A Legal and Practical Guide for Designing Sugary Drink Taxes* for local officials and advocates who are interested in pursuing sugary drink taxes. The guide begins by answering a critical first question: Why enact a sugary drink tax? It then identifies best practices and potential pitfalls in designing and implementing sugary drink taxes, focusing on considerations that affect the scope and breadth of a proposed tax, as well as disposition of tax revenue. The guide briefly examines the process for passing and implementing a tax and ends with a discussion of the potential challenges that future tax efforts might face. See the guide [here](#).

How Fluoridation Works Graphic

The Campaign for Dental Health (CDH) is happy to announce that the How Fluoridation Works poster and graphic have been updated with new images and are available in both Spanish and English! This resource compliments the How Fluoride Works video that is also available through the CDH website. This resource is free to anyone to download and print, and we encourage its widespread use!



Download the English and Spanish PDF [here](#) and watch the video [here](#).

Syndemic of Obesity, Undernutrition, and Climate Change: The Lancet Commission Report

Malnutrition in all its forms, including obesity, undernutrition, and other dietary risks, is the leading cause of poor health globally. In the near future, the health effects of climate change will considerably compound these health challenges. Climate change can be considered a pandemic because of its sweeping effects on the health of humans and the natural systems we depend on (i.e., planetary health).

These three pandemics—obesity, undernutrition, and climate change, represent The Global Syndemic that affects most people in every country and region worldwide. They constitute a syndemic, or synergy of epidemics, because they co-occur in time and place, interact with each other to produce complex sequelae and share common underlying societal drivers. This Commission recommends comprehensive actions to address obesity within the context of The Global Syndemic, which represents the paramount health challenge for humans, the environment, and our planet in the 21st century. Read full report [here](#) and the policy brief [here](#).



Webinars

New Additions in Purple

Creating Safer Streets for All

Wednesday, February 13, 11:00pm

Pedestrian safety is a critical part of planning for healthy, active, and engaged communities. At America Walks, we believe that a safe systems approach and built environment interventions are important to achieving fewer pedestrian injuries and fatalities. Learn about resources and ideas to improve safety with this webinar. Register [here](#).

The Power of Relationship Education for Student Success

Wednesday, February 13, 1:00pm

Marline Pearson, author of Love Notes and Relationship Smarts PLUS, will make the case why a 4th R is needed for increasing student success. Learn why relationship education must be a central tool to help young people reach their school, work, and family goals by increasing their agency over their love lives. She will cover recent research and share evidence-based solutions to the pressing problems that face today's youth. Register [here](#).

CATCH P.E. Training at LACOE

Thursday, February 14, 8:00am

CATCH PE is a developmentally appropriate physical education program that reinforces movement skills, sports involvement, physical fitness, social development, skill competency, and cognitive understanding about the importance of lifelong physical activity. This training targets those individuals who teach grades K-5. Register [here](#).

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Produce for Performance

Wednesday, February 20, 10:00am

This webinar will highlight the benefits of a plant-based diet for optimizing performance and minimizing inflammation to help athletes play well and stay well. A plant-based performance eating plan can deliver on macro-, micro- and phytonutrients as well as promote a healthy lifestyle. A plant-based eating pattern can also help athletes who have pre-existing medical issues such as Type 2 Diabetes, hypertension and hyperlipidemia. Focusing on plant-based foods that are familiar – such as veggie burgers, stir-fries, smoothies, chilis and tacos – can help encourage athletes to try more plant-based dishes and appeal to the palate. Register [here](#).

Exploring the Human-Centered Mobility Principles

Thursday, February 28, 11:00pm

The world of active transportation is ever-changing, tackling new challenges and facing exciting opportunities. The Partnership for Active Transportation has created its Human-Centered Mobility Principles to guide our collective and individual work to shape mobility and community design choices facing our society by putting people and places first. This webinar will explore the Human-Centered Mobility Principles, how they might be applied to current efforts, and look at how two communities are embracing what's next in active transportation. Register [here](#).



Funding Opportunities

New Additions in Purple

Health and Climate Solutions

Close Date: February 08, 2019

Through this funding opportunity, Robert Wood Johnson Foundation (RWJF) seeks to develop and amplify the evidence around a set of approaches that improve community health and well-being and advance health equity, while also addressing climate change adaptation or mitigation. Eligible, local approaches can focus on one or more of a range of determinants of health—including, but not limited to: air quality; energy sources; transportation or mobility design; food and water systems; housing; and health systems. Proposals should specify the determinants of health that the given approach is addressing, and the expected impact on health and well-being. Grant funds will support research and evaluation activities to develop the best possible evidence highlighting what is working well with the select approach and why; where there have been opportunities and challenges; and how other communities may learn from this approach to tackle similar challenges. *All interventions eligible for this funding must have been implemented and active for at least one year as of the date of the application. Learn more [here](#).

Healthy Food Financing Initiative Reinvestment Fund

Close Date: February 14, 2019

Targeted grants are available for eligible projects or partnerships that seek to improve access to healthy food in underserved areas. Approximately \$1.4 million will be available to fund applications under this program. Grant awards range from \$25,000-\$250,000. Learn more [here](#).

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Culture of Health Leaders

Close Date: February 20, 2019

Culture of Health Leaders is a leadership development opportunity for people working in every field and profession who want to use their influence to advance health and equity. Our leaders' innovation helps build a Culture of Health, one that enables everyone in America to live longer, healthier lives. Through this Robert Wood Johnson Foundation program, our leaders will be prepared to collaborate and provide transformative leadership to address health equity in their communities. Learn more [here](#).

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](#).

Interdisciplinary Research Leaders

Close Date: March 13, 2019

Interdisciplinary Research Leaders is a leadership development opportunity for teams of researchers and community partners, including community organizers and advocates. These teams use the power of applied research—informing and supporting critical work being done in communities—to accelerate that work and advance health and equity. Their innovation helps build a Culture of Health, one that enables everyone in America to live longer, healthier lives. Learn more [here](#).



Recommended Reading

Food In The Anthropocene: The EAT-Lancet Commission On Healthy Diets From Sustainable Food Systems

Food systems have the potential to nurture human health and support environmental sustainability, however our current trajectories threaten both. The EAT-Lancet Commission addresses the need to feed a growing global population a healthy diet while also defining sustainable food systems that will minimise damage to our planet.

The Commission quantitatively describes a universal healthy reference diet, based on an increase in consumption of healthy foods (such as vegetables, fruits, whole grains, legumes, and nuts), and a decrease in consumption of unhealthy foods (such as red meat, sugar, and refined grains) that would provide major health benefits, and also increase the likelihood of attainment of the Sustainable Development Goals. This is set against the backdrop of defined scientific boundaries that would ensure a safe operating space within six Earth systems, towards sustaining a healthy planet. Read more [here](#).

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Case Study – Healthy and Unhealthy Food Sources in New York City

This case study traces the generation, evolution, and dissemination of policy-relevant research on the food environment. The study was conducted by the Built Environment and Health (BEH) Research Group at Columbia University. This interdisciplinary research team includes epidemiologists, sociologists, urban planners, and geographers. The Robert Wood Johnson Foundation Health & Society Scholars (HSS) program played a vital role in the formation of this group by connecting researchers across the health and social sciences, providing seed funding for pilot research, and engaging scholars (including Lovasi at Columbia University and Bader at the University of Pennsylvania, their affiliations when they were HSS scholars) with a commitment to innovative, interdisciplinary research. Read more [here](#).



Training Resources

Title	Date / Time	Format	Location	Info	Registration
Nutrition Update: A Different Look at MyPlate: Nutrition Hot Topics for Each Food Group	Tue, 2/26 11:00 AM	Webinar	-----	Flyer	Register Here
PEARS Training Approach Webinar	Tue, 2/26 10:00 AM	Webinar	----	----	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