



February is Black History Month!

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During [Black History Month](#) in February, the HHS Office of Minority Health (OMH) will join partners honoring the rich heritage and diversity of African Americans. During the month, OMH will also raise awareness about cardiovascular disease, and [sickle cell disease](#) and the effects of these diseases on the African American community.

About 610,000 people die of heart disease in the United States every year – of which 23.8 percent of those deaths are African American. According to the [Centers for Disease Control and Prevention](#):

- ❖ Heart disease is the leading cause of death for people of most ethnicities in the United States, including African Americans, Hispanics, and Whites.
 - Nearly half of all Black adults have some form of cardiovascular disease, 47.7 percent of females and 46.0 percent of males.
 - African Americans ages 35-64 years are 50% more likely to have high blood pressure than Whites.
- ❖ Sickle Cell Disease occurs among 1 out of every 365 Black or African American births, and about 1 in 13 Black or African American babies is born with sickle cell trait (SCT).



Increasing Disparities in Unhealthy Food Advertising Targeted to Hispanic and Black Youth

A new report from the University of Connecticut's Rudd Center for Food Policy & Obesity analyzes the targeted advertising efforts of 32 restaurants and food and beverage companies to reach children and teens.

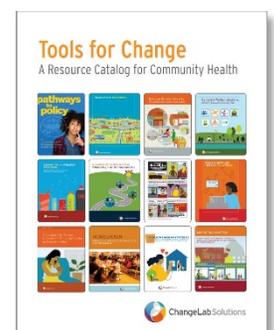
Unhealthy food marketing aimed at youth under age 18 is a significant contributor to poor diets and diet-related diseases. Therefore, greater exposure to this marketing by Hispanic and Black children and teens, both in the media and in their communities, likely contributes to diet-related health disparities affecting communities of color, including obesity, diabetes, and heart disease. Read report [here](#).

Key findings for trends in food-related advertising include:

- ❖ From 2013 to 2017, the total amount that companies spent to advertise restaurants, food, and beverages on all types of TV programming declined by just 4% (from \$11.4 billion to \$10.9 billion)
- ❖ Greatly reduced TV viewing by children and teens resulted in large reductions in exposure to food-related TV ads: -28% for children and -43% for teens overall
- ❖ On average children and teens continued to view approximately 10 food-related TV ads per day in 2017
- ❖ Total food-related advertising spending on Spanish language TV also declined by 4% over the past five years (from \$817 million in 2013 to \$787 million in 2017), and reductions in TV viewing and food-related ads viewed by Hispanic youth mirrored declines for all youth.
- ❖ Total food-related advertising spending on Black-targeted TV increased by more than 50% from 2013 to 2017 (\$217 million to \$333 million)
- ❖ On average in 2017, Black children and teens saw 16.4 and 17.1 food-related TV ads-per- day, respectively.
- ❖ In 2017, Black children and teens watched 61% and 84% more TV, respectively, than White children and teens watched. These differences were higher in 2017 than in 2013 as there was a greater decline in time spent watching TV for White youth than for Black youth.

Tools for Change: A Resource Catalog for Community Health

[ChangeLab Solutions](#) creates healthier communities for all through equitable laws & policies. Our innovative policy solutions prioritize communities whose residents are at highest risk for poor health. Our interdisciplinary team of lawyers, planners, policy analysts, and more, works with neighborhoods, cities, and states to create thriving communities.



ChangeLab Solutions created *Tools for Change: A Resource Catalog for Community Health* to provide an overview of publications and other tools we offer on our website at no cost. The selected

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model policies, how-to guides, infographics, fact sheets, and other practical resources featured in this catalog touch all the areas of our work.

Youth Compendium of Physical Activities

The Youth Compendium of Physical Activities provides a list of 196 common activities in which youth participate and the estimated energy cost associated with each activity. It can be used by a wide variety of people—including researchers, health care professionals, teachers and coaches, and fitness professionals—and in a variety of ways—including research, public health policy making, education, and interventions to encourage physical activity in youth. Search youth compendium [here](#) and fact sheet [here](#).

The Youth Compendium provides energy cost values for:

- ❖ Sedentary activities, such as lying down or watching TV
- ❖ Standing, doing household chores, and playing active video games
- ❖ Playing and participating in games and sports activities
- ❖ Walking and running

Global Nutrition Policy Report

The Global Nutrition Policy Review 2016–2017 is the report of the second comprehensive analysis of nutrition-related policy environment, coordination mechanisms, available capacities and actions being taken in the WHO Member States. 176 Member States (91%) and one area responded to the survey carried out between July 2016 and December 2017 on topic areas related to infant and young child nutrition, school health and nutrition, promotion of healthy diets, vitamin and mineral nutrition, prevention and management of acute malnutrition and nutrition, and infectious disease. The findings presented in this report will help in tracking progress towards achieving the commitments made at the 2014 Second International Conference on Nutrition (ICN2) and will also serve as a baseline for monitoring country actions in achieving the commitments of the UN Decade of Action on Nutrition (2016–2025).



Globally, changes are happening in the nutrition-related policy environment with an increasing number of countries taking regulatory action to improve food environment to promote healthy diets and nutrition. These include the implementation of nutrition labelling, fiscal policies, trans fat bans, reformulation of food products, and restricting marketing of foods and non-alcoholic beverages to children.

Nutrition governance has also been strengthened since the last Global Nutrition Policy Review was conducted in 2009-2010, with a higher proportion of countries reporting that they have established nutrition coordination mechanisms in high government offices, such as in the office of the President or Prime Minister, reflecting the growing recognition of the importance of the nutrition agenda. However, current progress and trends in achieving the global nutrition and diet-related NCD targets 2025 are not sufficient, and these global targets are unlikely to be achieved unless accelerated actions are implemented worldwide.

Red full report [here](#).

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Webinars

New Additions in Purple

Rethinking Speed Management for Safety - A Fresh Look, Proven Strategies

Wednesday, February 20, 10:00am

Have you ever partnered with your State Highway Safety Office on a safety initiative in your community? Are you interested in how other communities across the U.S. set speeds to more safely accommodate those walking, bicycling and driving? Are you eager to change the culture of speed in your community? Then, join the Vision Zero Network and the [Governors Highway Safety Association](#) for a one-hour webinar Wednesday February 20 (10am PST/1pm EST) to discuss the current culture on speeding, practices to set safe speeds in your community and the influence of local, state and federal policies on speed management. Register [here](#).

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](#).

America Walks Monthly Webinar Series

Stronger Together: Partnering with the Disability Rights Movement

Wednesday, March 13, 11:00am

This webinar will continue our September Walking Towards Justice episode that explored the potential partnerships between walkability advocates and the disability rights movement. Learn how communities are becoming more inclusive and accessible and tools and resources to do the same. 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](#).

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Funding Opportunities

New Additions in Purple

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](#).

Zero Hunger Zero Waste Innovation Fund

Close Date: March 4, 2019

Kroger's Zero Hunger Zero Waste social impact plan is our commitment to end hunger in our communities and eliminate waste across our company by 2025. As America's grocer, we help address the fundamental absurdity in our food system: that 40% of the food produced is thrown away while 1 in 8 Americans struggle with hunger. The Innovation Fund is designed to help fill the gap in funding needed to support entrepreneurs and new solutions to reduce food waste. According to ReFED, U.S. businesses, farms and consumers spend an estimated \$218 billion a year growing, processing, transporting and disposing food that is never eaten. We want to help change that. 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](#).

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Action for Healthy Kids

Close Date: April 5, 2019

Schools need resources to implement health and wellness practices that help students eat better and be physically active. Thanks to our partners, Action for Healthy Kids has provided over \$8.7 million in grants to schools since 2009. Our School Grants for Healthy Kids can help your school achieve its goal to make every kid healthy, active and ready to learn. Learn more [here](#).

Understanding Factors in Infancy and Early Childhood (Birth to 24 months) That Influence Obesity Development (R01 Clinical Trial Optional)

Close Date: May 8, 2019

This Funding Opportunity Announcement (FOA) invites applications from institutions/organizations which propose to characterize or identify factors in early childhood (birth-24 months) that may increase or mitigate risk for obesity and/or excessive weight gain and/or to fill methodological research gaps relevant to the understanding of risk for development of obesity in children. Studies should propose research in children from birth to 24 months, although any proposed follow-up assessments, if applicable, may continue past this period. Studies may also assess factors relevant to families and/or caregivers of children from birth to 24 months. Applications should seek to fill unique research needs and involve expertise across disciplines as appropriate for the proposed research question. Learn more [here](#).

Obesity Policy Evaluation Research

Close Date: May 8, 2019

This Funding Opportunity Announcement (FOA) encourages applications that propose to evaluate policies or large-scale programs that are expected to influence obesity related behaviors (e.g., dietary intake, physical activity, or sedentary behavior) and/or weight outcomes have the potential to prevent or reduce rates of obesity. Learn more [here](#).

Recommended Reading

Change in Children's Physical Activity: Predictors in the Transition from Elementary to Middle School

Interventions to promote physical activity in children should be informed by knowledge of the factors that influence physical activity behavior during critical developmental transitions. The purpose of this study is to identify, from a comprehensive, multidomain set of factors, those that are associated with change in objectively measured physical activity in children as they transition from elementary to middle school. Read more [here](#).

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Exposure to Sugary Breakfast Cereal Advertising Directly Influences Children’s Diets

High-sugar cereals are heavily promoted to children on TV. The adoption of poor eating habits including excess consumption of sugar can lead to obesity, a known risk factor for 13 cancers. Children’s eating habits develop during the preschool years, and children who are overweight by the age of five are likely to remain overweight into adolescence and adulthood. Unfortunately, many young children have diets of low quality and consume too few fruits and vegetables and too much sugar, salt and fat. A new study led by Jennifer Emond, PhD, member of the Cancer Control research program at Dartmouth’s Norris Cotton Cancer Center and Assistant Professor in the Department of Biomedical Data Science Geisel School of Medicine hits a notable target in the many diet influences that lead to obesity. 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
Recruiting and Engaging Youth	Tue, 3/5 9:00 AM	Webinar	Bakersfield	Flyer	Register Here
2019 Statewide Day of Action: Rethink Your Drink Day Concepts and New Campaign	Tue, 3/12 11:00 AM	Webinar	----	More Info	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