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March is National Nutrition Month!

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day is also celebrated during National Nutrition Month®, on the second Wednesday in March. This occasion increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services, while recognizing both RDNs and nutrition and dietetic technicians, registered for their commitment to helping people enjoy healthy lives.

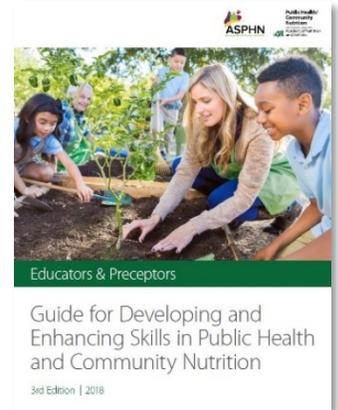
"National Nutrition Week", initiated in March 1973, was

embraced by members of the American Dietetic Association (now the Academy of Nutrition and Dietetics) as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, in response to growing public interest in nutrition, the week-long celebration expanded to become a month-long observance. Learn more about National Nutrition Month [here](#) and the National Nutrition Month Celebration Toolkit [here](#).



Guide for Developing and Enhancing Skills in Public Health and Community Nutrition, 3rd Ed.

The Guide is a comprehensive curriculum for practitioners, program administrators, and educators to develop and enhance the knowledge and skills expected of nutrition professionals practicing in public health and community nutrition. This material was developed through the collaboration of the Public Health/Community Nutrition Practice Group (PHCNPG), a dietetic practice group of the Academy of Nutrition and Dietetics, and the Association of State Public Health Nutritionists (ASPHN). It has been approved by the Academy of Nutrition and Dietetics. The [Guide](#) was officially launched in December 2018. [View the webinar](#) and earn CPE!



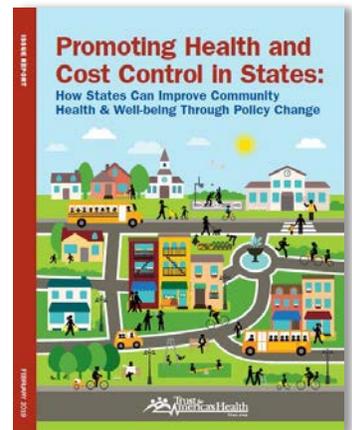
We have three different versions available below for each audience:

- ❖ [Practitioners](#)
- ❖ [Employers & Administrators](#)
- ❖ [Educators & Preceptors](#)

Promoting Health and Cost Control in States: How States Can Improve Community Health & Well-being Through Policy Change

Trust for America's Health's (TFAH) new report, [Promoting Health and Cost Control: How States Can Improve Community Health and Well-being Through Policy Change](#) highlights 13 policies, all outside the healthcare sector, that if adopted by states can improve the health and well-being of their residents.

The report provides detailed information on its recommended policies, including descriptions, summaries of the health and economic evidence, case examples, and considerations for design and implementation. Additionally, it highlights a set of complementary policies for state officials to consider where the recommended policies alone may not be enough to achieve state and national goals for health improvement.



Every state has unique needs, this report therefore provides a range of options for each state to consider. Specifically, the report supports the following goals and policies for states:

- Goal 1: Support the connections between health and learning.
- Goal 2: Employ harm-reduction strategies to prevent substance misuse deaths and related diseases.
- Goal 3: Promote healthy behavior.
- Goal 4: Promote active living and connectedness.
- Goal 5: Ensure safe, healthy, and affordable housing for all.
- Goal 6: Create opportunities for economic well-being.

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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.

Principles for Building Healthy and Prosperous Communities



Principles for Building Healthy and Prosperous Communities

For work across sectors in low-income communities to improve health and wellbeing.

PHI's Build Healthy Places Network released the Principles for Building Healthy and Prosperous Communities. The Principles are designed to frame and guide efforts across sectors working toward achieving an equitable future where fair opportunity is an outcome for all. They are derived from a thematic review of mission statements and principles from 35 organizations representing the community development, health, academic, government, finance, and philanthropic sectors. More than 200 respondents provided over 1,800 comments which helped refine the Principles. See the principles [here](#) and read the introduction to these principles from Dr. Douglas Jutte's [here](#). The five principles include:

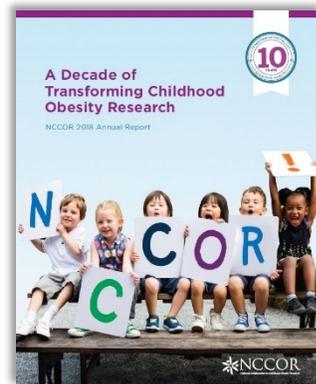
- ❖ Principle 1: Collaborate with the community
- ❖ Principle 2: Embed equity
- ❖ Principle 3: Mobilize across sectors
- ❖ Principle 4: Increase prosperity to improve health
- ❖ Principle 5: Commit over the long term

A Decade of Transforming Childhood Obesity Research

NCCOR's 2018 Annual Report, "[A Decade of Transforming Childhood Obesity Research](#)," showcases accomplishments from the last year and the last decade, as the Collaborative celebrates 10 years since it was first launched.

In 2018, NCCOR:

- Updated more than 70 systems in the Catalogue of Surveillance Systems and added five new systems including NCI's Family Life, Activity, Sun, Health, and Eating (FLASHE) study, and USDA's National Household Food Acquisition and Purchase Survey (FoodAPS).
- Published a chapter called, "Behavioral Design as an Emerging Theory for Dietary Change" in Food and Public Health, a book from Oxford University Press. The chapter comes from a white paper NCCOR released in 2017, that resulted from a series of meetings with experts that NCCOR convened in 2015 and 2016.
- Convened community-based healthy weight program representatives, through NCCOR's Engaging Health Care Providers and Systems, for a kick-off meeting to launch its collaborative learning project.
- Facilitated six webinars, with more than 760 attendees, on a range of topics from preventing childhood obesity in Latin America to America's eating habits away from home with experts from across the field.
- Attended seven conferences where NCCOR shared resources and presented new tools in workshops.



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Complete Streets Policy for States

Model State Resolution and Model State Legislation



Across America, a movement is afoot to build *Complete Streets*—streets that allow people to get around safely, even if they’re not traveling by car. Unlike conventional street designs, which prioritize car traffic over other types of transit, Complete Streets promote mobility and physical activity for people of all ages, abilities, and income levels. Complete Streets facilitate many forms of transportation, including walking, bicycling, taking public transit, and driving. Over 1400 US cities, regions, and states have implemented Complete Streets policies.

Complete Streets is a proven policy approach that creates healthier, more equitable communities. Health benefits include reduced traffic and fewer collisions, more active living and exercise opportunities, and better air quality for the surrounding neighborhoods. Complete Streets also increase economic opportunity by improving access to local institutions and businesses through alternate modes of transportation. And Complete Streets policies can help address infrastructure and investment disparities in underserved communities.

That’s why we’re releasing a newly updated product for use at the state level—**Model State Legislation Establishing Complete Streets**—with the following key features:

- ❖ A focus on areas of high need for Complete Streets
- ❖ An outline for engaging communities as part of the implementation process
- ❖ Performance metrics for tracking successful outcomes
- ❖ Establishment of a Complete Streets advisory board

Download State Legislation and State Resolution [here](#).

Webinars

New Additions in Purple

Engaging Participants by Creating a Warmer Learning Environment Tuesday, March 05, 9:00am

It is essential that health educators have the skills to create a welcoming class environment. Topics discussed in health education sessions are frequently sensitive and can be awkward or uncomfortable for some participants. If participants feel anxious, it may be difficult for them to learn. Learners should feel comfortable to participate, interact with others in the class, ask questions, and apply the information to their lives to make positive changes. This webinar explored the issue of class climate – what is it? why it is important, and how to build a warm class climate no matter the topic or audience. Register [here](#).

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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](#).

Child Feeding Community of Practice
Thursday, March 14, 2:30pm

This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn. Register [here](#).



Funding Opportunities

New Additions in Purple

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](#).

BUILD Health Challenge
Close Date: April 5, 2019

The BUILD Health Challenge is looking to support up to 17 innovative U.S. collaboratives that include a community-based organization, hospital or health system and a public health department working together to address upstream challenges and drive sustainable improvements in community health. Applicants are encouraged to include additional cross-sector partners such as health plans, businesses, foundations and others that are aligned with the proposed efforts. Each award includes up to \$250,000 in funding over 2½ years, coaching and support services, training and capacity building, participation in a national network of peers, and the opportunity to spotlight work on a national level. Applications are due April 5, 2019. 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](#).

Healthy Stores Refrigeration Grant Program

Close Date: April 25, 2019

The California Department of Food and Agriculture (CDFA) is pleased to announce a competitive grant application process for the Healthy Stores Refrigeration Grant Program. CDFA will fund energy efficient refrigeration units in corner stores and small businesses in food deserts throughout the state to stock California-grown fresh produce, nuts and minimally processed foods. The purpose of the program is to improve access to healthy food choices in the small retail environment for underserved communities, while promoting CA-grown agriculture. The Healthy Stores Refrigeration Grant Program will disburse up to \$4,500,000. 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](#).

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Recommended Reading

How a Public Health Goal Became a National Law

This case study provides insights into policy strategy and advocacy best practices that resulted in passage of the Healthy, Hunger-Free Kids Act of 2010, a public health law that resulted in improvements to school foods and beverages across the country. Congress reauthorizes child nutrition programs such as the National School Lunch Program and School Breakfast Program every 5 years. The Healthy, Hunger-Free Kids Act of 2010 is the legislation that reauthorized the child nutrition programs through September 30, 2015 and continues in effect today. We conducted stakeholder interviews and reviewed the legislative and regulatory history of the Healthy, Hunger-Free Kids Act of 2010 and advocates' files. We formed an external advisory committee which helped to develop the interview questions and list of interviewees and reviewed the content of the case study. This case study focuses on the provisions that address the nutritional quality of school meals, snacks, and beverages and covers the period from 2004 to 2016. Read more [here](#).

Training Resources

Title	Date / Time	Format	Location	Info	Registration
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