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SNAP-Ed California's 2018 Annual Report

Center for Wellness and Nutrition partnered with the California Department of Social Services to report out the program implementation, accomplishments, outcomes, and next steps in the California SNAP-Ed Annual Report to the United States Department of Agriculture. [SNAP-Ed](#), known as CalFresh Healthy Living in California, implements [policy, systems, and environmental \(PSE\)](#) changes in low-income communities and provides nutrition and physical activity education to improve the likelihood that SNAP participants, and similar low-income Americans, will make healthy food choices.

In 2018, 1,566 healthy PSE changes were either implemented or maintained that focused on quality, evidence-based strategies to

increase access to healthier choices such as fruits, vegetables, water, and safe places to be active. Direct nutrition and physical activity education participants reported that they ate more fruits and vegetables, drank fewer sugary beverages, and read nutrition facts or ingredient lists more often.

The [California Family Health Study \(CFHS\)](#), showed that low-income Californians' health behaviors appear to be improving. From 2015-2017, participants in the CFHS improved on overall dietary quality, fruit and vegetable intake, and water intake. In fact, low-income participants were virtually indistinguishable from Americans of all income levels on key behaviors. CalFresh Healthy Living has shown real success. To realize continued improvements, we must sustain our efforts through innovative approaches that support low-income Californians and our large agricultural community. Read the report [here](#).



Guidelines and Health Conditions Related to Timing of Early Infant Feeding

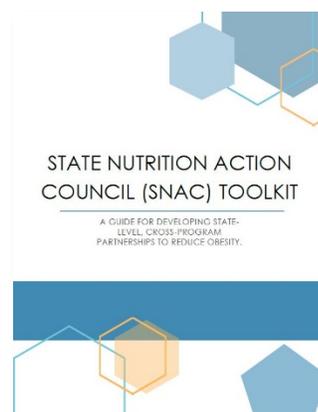


A new resource addressing current information on the timing of complementary foods and the link to health conditions such as obesity, food sensitivity, allergies and anemia was recently released by the Association of State Public Health Nutritionists (ASPHN). Guidelines and Health Conditions Related to Timing of Early Infant Feeding, provides a foundation for formulating educational messages and recommendations to improve nutrition and decrease disease. Read the report [here](#).

State Nutrition Action Council Toolkit Highlight

The [Center for Wellness and Nutrition](#) released their latest resource to support your efforts in establishing state-level partnerships! Under the Resources section of our website, you will find the State Nutrition Action Council (SNAC) Toolkit: A Guide for Developing State-Level, Cross-Program Partnerships to Reduce Obesity. Designed as an in-depth guide for states establishing cross-program partnerships and implementing initiatives to prevent and reduce obesity, the toolkit includes recommendations, tools, and activities for recruiting and retaining partners, selecting an initiative, developing a plan, and implementing and evaluating the initiative. The guide was developed by CWN intern, MaryAnn Mills, in the summer of 2018.

SNACs were established in Food and Nutrition Service (FNS) Regions under USDA SNAP-Ed guidance to maximize nutrition education efforts and improve coordination and cooperation among the state agencies, FNS nutrition assistance programs, public health agencies, and the Expanded Food and Nutrition Education Program. SNACs are primarily comprised of representatives from FNS programs who develop statewide nutrition education plans across programs. The SNAC Toolkit provides guidance and activities to foster state-level collaboration and implementation of an initiative for your SNAC. You can also access a webinar recording that walks you through the guide under the Events section of our website. Learn more [here](#).



Webinars

New Additions in Purple

Creating and Sustaining a Successful Vision Zero Task Force

Thursday, March 21, 9:30am

A community's Vision Zero Task Force is the coordinating hub of Vision Zero planning and action to eliminate traffic fatalities and serious injuries. Task forces are crucial to building and sustaining leadership, collaboration and accountability. Who should be involved in the task force? What makes a task force effective? How can your task force pool resources, create specialized working groups and ensure accountability? Register [here](#).

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What's Next for the Walking Movement?

Wednesday, April 10, 2019

Transportation, mobility, and city planning are changing. With these changes come new opportunities and challenges for walkable community advocates. This webinar will explore programs, resources, and practices that are putting walking front and center of the future of communities. This webinar is intended for those who are familiar with topics and issues related to walking and walkability. Register [here](#).



Funding Opportunities

New Additions in Purple

Demonstration Projects for Providers to Reduce Hypertension among Priority Populations

March 30, 2018

The American College of Prevention Medicine (ACPM) will provide up to six grants to health care organizations to increase the identification of African-American males ages 35-64 with hypertension or at high-risk for hypertension, and implement protocols to identify, screen, treat, and refer these patients to evidence-based SMBP programs with clinical support and other related evidence-based lifestyle change programs. ACPM will select providers who are engaged and who have demonstrated interest in preventing, detecting, and controlling hypertension. 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](#).

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](#).

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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](#).

Recommended Reading

Sodium and Potassium Dietary Reference Intake Values Updated in New Report

A new report from the National Academies of Sciences, Engineering, and Medicine reviews current evidence and updates intake recommendations known as the Dietary Reference Intakes (DRIs) for sodium and potassium that were established in 2005. *Dietary Reference Intakes for Sodium and Potassium* revises the Adequate Intakes (AIs), which are the best estimate of intakes assumed to be adequate in apparently healthy individuals. The report reaffirms the sodium AI for individuals ages 14-50, decreases the sodium AIs for children age 1-13, increases the sodium AIs for adults ages 51 and older, and decreases the potassium AIs for individuals age 1 and older. The report also uses guidance from a 2017 National Academies report to introduce the first DRI specific to chronic disease risk reduction. Read more [here](#).

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Training Resources

Title	Date / Time	Format	Location	Info	Registration
Engaging Older Adults with EatFresh.org	Thurs, 3/21 10:00 AM	Webinar	----	----	Register Here
CNAP Co/Coordinators Web-Based Meeting, Focus: School-Based Health Centers	Thurs, 4/3 9:30 AM	Webinar	----	----	Register Here
2019 Statewide Day of Action - Rethink Your Drink Day Step-by-Step Guide for Hosts	Wed, 4/24 11:00 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

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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.
