

# CalFresh Healthy Living Newsletter

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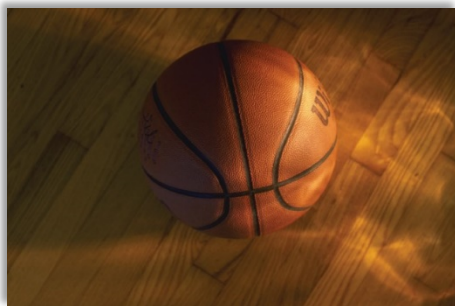
## Recent Study Shows California SNAP-Ed-eligible Mothers, Teens, and Children are Eating Healthier

A recent study published in Public Health Nutrition found that low-income mothers, youth, and children in California have increased daily fruit and vegetable intake and increased water intake. The study examined changes from 2015-2017. In the report, “Three-Year Trends in Dietary Behaviors among Mothers, Teenagers, and Children from SNAP-Ed (Supplemental Nutrition Assistance Program-Education) Eligible Households across California,” researchers from CWN and California State University found that mothers and children reported drinking more than one additional cup of water per day (8.05 cups among mothers and 4.48 cups among children) and that teens increased their water intake by two cups per day (6.70 cups).



In addition, the study saw an increased intake of fruits and vegetables among all study participants and an increase in the number of Supplemental Nutrition Assistance Program Education (SNAP-Ed)-eligible mothers meeting USDA MyPlate fruit consumption recommendations. Click [here](#) to read the study.

## Youth Compendium Fact Sheet for Classroom Teachers



This month, the National Collaborative on Childhood Obesity Research (NCCOR) released a new fact sheet that shows classroom teachers how to incorporate the Youth Compendium of Physical Activities into their curricula.

The Youth Compendium provides a list of 196 common activities in which youth participate and the estimated energy cost associated with each activity. This tool is intended for widespread use by researchers, state and local health departments, educators, and fitness professionals.

The new fact sheet helps elementary through high school teachers select moderate to vigorous physical activities to keep students active throughout the day. Examples of activities include jumping jacks, hopping, skipping, and ball games such as bouncing and dribbling. Click [here](#) to download the fact sheet.

## Child Opportunity Index 2.0

[The Child Opportunity Index \(COI\) 2.0](#) quantifies, maps and compares neighborhood opportunity for children across the United States. It is the first national measure of contemporary child opportunity available: it covers all U.S. neighborhoods. It ranks opportunity by measuring a wide range of neighborhood conditions that shape children's health and development. The COI 2.0 has data for 72,000 neighborhoods or census tracts in the United States. This is the first consistent metric of contemporary child opportunity for every U.S. neighborhood. This report—an updated, expanded and improved version of the COI released in 2014—focuses on child opportunity in the 100 largest metropolitan areas, which comprise 47,000 neighborhoods where 67% of children live.

The COI 2.0 measures neighborhood opportunity along three domains that matter for children:

- ❖ Education
- ❖ Health and environmental
- ❖ Social and economic

The COI ranks neighborhood opportunity based on 29 common conditions within these domains, including: availability and quality of early education centers and schools; high school graduation rates and the number of adults with high-skills jobs; poverty and employment rates; air pollution levels; housing vacancy rates and home ownership; and availability of green spaces and healthy food outlets.

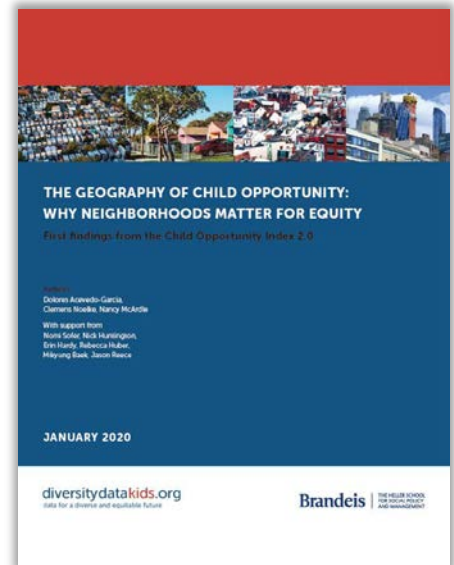
Here are some of the report highlights:

- ❖ Bakersfield, CA has the lowest opportunity score (Child Opportunity Score of 20) in the nation; Madison, WI has the highest (Child Opportunity Score of 83)
- ❖ There is a geographic pattern of child opportunity across the United States
- ❖ There is wide variation in child opportunity across metros but wider inequities occur within metros
- ❖ Children's race and ethnicity are strong predictors of access to opportunity
- ❖ Child neighborhood opportunity is associated with life expectancy
- ❖ Child neighborhood opportunity is associated with economic mobility as an adult

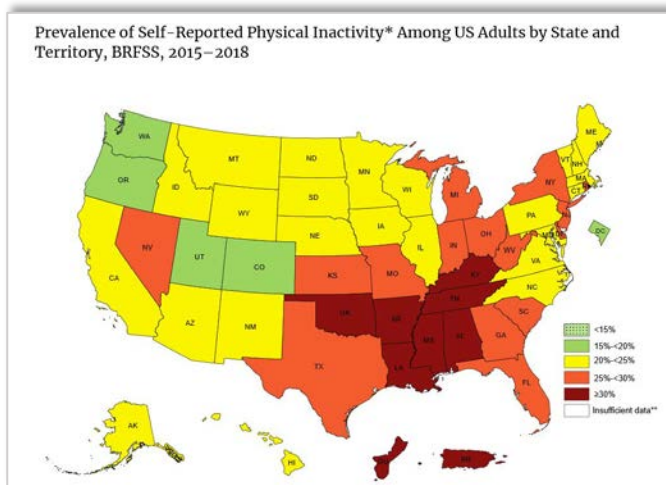
Click [here](#) to read the report.

## FFY 2020-2022 California CalFresh Healthy Living Curricula Resources Update

The FFY 2020-2022 California CFHL Integrated Curricula List (Curricula List) is updated and available on the California Department of Public Health (CDPH), CalFresh Healthy Living [website](#). Look for Curricula List updates by selecting the Updates tab. As a reminder, any newly added curriculum under the Pilot tab may only be used with permission of your specified State Implementing Agency. Click [here](#) to access the curricula list.



# Adult Physical Inactivity Prevalence Maps by Race/Ethnicity



According to new state maps of adult physical inactivity, all states and territories had more than 15 percent of adults who were physically inactive and this estimate ranged from 17.3 to 47.7 percent. Inactivity levels vary among adults by race/ethnicity and location.

Physical inactivity is defined as self-report of engaging in no leisure-time physical activity during the past month. The data come from the [Behavioral Risk Factor Surveillance System](#) (BRFSS), an ongoing state-based, telephone interview survey conducted by CDC and state health departments. The maps use combined data from 2015 through 2018 and show noticeable differences in the prevalence of physical inactivity by race/ethnicity. Here are some of the key results:

- ❖ All states and territories had more than 15% of adults who were physically inactive.
- ❖ Hispanics (31.7%) had the highest prevalence of physical inactivity, followed by non-Hispanic blacks (30.3%) and non-Hispanic whites (23.4%)
- ❖ In the majority of states, non-Hispanic blacks and Hispanics had a significantly higher prevalence of inactivity than non-Hispanic whites

Click [here](#) to read more.

## Webinars

New Additions in Purple

### Smarter Breakfasts Boost Brain Power Wednesday, February 5, 11:00 am

Is your school breakfast program providing the best, brain-boosting energy for students? From planning a nutrient-rich menu to enhancing the accessibility and convenience of your meals, this webinar will provide tips to enhance your program, increase student participation, and nudge students to make healthier choices at breakfast. Click [here](#) to register.

## Funding Opportunities

New Additions in Purple

### 2020 Community Seed Grant Close Date: February 7, 2020

The UCLA Kaiser Permanente Center for Health Equity, in collaboration with the UCLA Jonsson Comprehensive Cancer Center and Dr. Monica Salinas, invite the submission of proposals for funding through the 2020 Community Seed Grant Program. Ten grants of \$5,000 each are available to support local community-based organizations in their work to improve health in vulnerable, local population groups. The one-year grant period will begin in Summer, 2020. Click [here](#) to apply.

## **CalFresh Healthy Living Program**

**Close Date: February 21, 2020**

The Los Angeles County (LAC) Department of Public Health (DPH) is issuing a Request for Proposals (RFP) to solicit proposals from interested qualified organizations (Proposers) to implement the CalFresh Healthy Living Program to increase food security and reduce the prevalence of diet related chronic diseases among low-income individuals and families in LAC. The overall goal of the program is to achieve specific behavioral outcomes including increased consumption of healthy foods and water, reduced consumption of unhealthy foods and sugar sweetened beverages, increased levels of physical activity, and optimization of the food system. Click [here](#) to learn more and apply.

## **Brady Shines**

**Close Date: February 29, 2020**

Brady Shines is committed to supporting the communities wherein Brady Companies are located, including the metropolitan areas of Los Angeles, California, and it does this through three giving programs: Monetary Awards, In-Kind Donations and the Brady Employee Matching Program. Proposed themes for applications include supporting disabled communities (e.g., children with disabilities, social skills for developmentally challenged, inclusion programs, Autism, Down syndrome, and more, and anti-bullying), healthy living (e.g., after school programs, summer camps, athletics, community gardens, playground improvements, healthy eating habits, and artistic programs) and safety and wellbeing (e.g., foodbanks, child advocacy, crisis intervention, and childhood hunger programs). Click [here](#) to apply.

## **Built Environment Policy Advocacy Fund**

**Close Date: March 13, 2020**

With funding from First 5 LA, Prevention Institute will award one-year (May 2020 – May 2021) grants ranging from \$25,000 – \$100,000 to community-based organizations, policy advocacy networks, and emerging coalitions advocating for high-quality parks, open space, and recreation facilities; safe and reliable transportation/opportunities for mobility; and/or food security in First 5 LA's Best Start geographic areas. This is a unique opportunity to improve the built environment, with a goal of promoting healthy early childhood development. Click [here](#) to apply.

## **Healthiest Cities and Counties Challenge**

**Close Date: February 26, 2020**

The purpose of this program is to advance health equity and prevent chronic disease in communities by accelerating systems-level approaches to improving community health. The program is based on the theory that authentic collaboration across sectors can result in powerful, sustainable approaches that advance health equity. Successful applicants are expected to establish or revitalize a cross-sector team that fosters partnerships between community residents, local government, nonprofit partners, businesses, academic institutions, and others. Applicants must have a population of up to 600,000 to be eligible for funding. Prospective applicants from the same city, county, or tribe are encouraged to collaborate and submit one joint application. Click [here](#) to apply.

## **Game on Grant**

**Close Date: April 3, 2020**

In order to get every kid healthy and ready to learn, our Game On grants provide funding, support, and resources for schools to increase physical activity and nutrition initiatives while promoting students' social emotional learning. Funding is for \$1,000 for physical activity OR nutrition projects; and funding is for \$2,500 for physical activity AND nutrition projects. PreK-12 schools in all states are eligible to apply. Click [here](#) to learn more and apply.

## Parents for Healthy Kids Grant Close Date: April 3, 2020

Parents: Here's your chance to make your mark on school health! Apply for a Parent for Healthy Kids grant that will provide funds and support to increase physical activity or nutrition initiatives while promoting students' social emotional learning and engaging parents in school wellness. Grant funding starts at \$1000. Parents or parent groups must apply for the grant (either for physical activity or nutrition) and lead projects in partnership with the school. Click [here](#) to learn more and apply.

## Reading Opportunities

### **Supreme Court Ruling Allows the Administration's Public Charge Rule to Move Forward**

The U.S. Supreme Court temporarily lifted nationwide court orders blocking implementation of the Trump administration's public charge rule, forcing immigrant families — including those with U.S. citizen children — to make impossible choices between food and family. Read more [here](#).

### **Inequities in Sugary Drink-Related Diseases by Race/Ethnicity and Income**

The burden of disease associated with sugary drinks is inequitably distributed across socioeconomic and racial/ethnic groups. This brief by Healthy Food America describes the variation in key health outcomes associated with consumption of sugary drinks across racial/ethnic and income groups in the United States. Read more [here](#).

### **Proposed Rule to Roll Back Nutrition Standards Will Jeopardize Children's Health and Nutrition**

The U.S. Department of Agriculture (USDA) issued a [proposed rule](#) this month that would roll back important aspects of the current school meal nutrition standards and significantly unravel the progress made under the Healthy, Hunger-Free Kids Act of 2010. Read more [here](#).

### **Distribution of Sugar-Sweetened Beverage Sales Volume by Sugar Content in The United States: Implications for Tiered Taxation and Tax Revenue**

In one of the first studies to assess the distribution of sugar-sweetened beverage sales by sugar content, researchers utilized data on sales volume, brand-level market shares, and sugar content to calculate these differences and provide revenue estimates for a tiered tax, which would tax beverages at different amounts depending on their sugar content. Read more [here](#).



# Training Resources

Title	Date / Time	Format	Info	Registration
Nutrition Update: Nutrition and Health Effects of Food Insecurity	Tues, 2/25 11:00 am	Webinar	<a href="#">Flyer</a>	<a href="#">Register here</a>
2020 Rethink Your Drink Day Kickoff Webinar	Wed, 3/11 11:00 am	Webinar	<a href="#">Website</a>	<a href="#">Register here</a>
Trauma-Informed Nutrition Security (Free for CalFresh Healthy Living funded partners)	Mon, 3/16 8:30 am	In-person	----	<a href="#">Register here</a>
Around the Table Training Program ( <i>Free for CalFresh Healthy Living funded partners</i> )	Tues, 3/17 8:30 am	In-person	----	<a href="#">Register here</a>

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 CalFresh Healthy Living newsletter, please contact Tania Marquez at [tmarquez@ph.lacounty.gov](mailto:tmarquez@ph.lacounty.gov)**