

The Kaiser Permanente HEAL Friday Update - 3/8/13

We are nearly at the end of our HEAL Zone site visits. It has been so much fun seeing many of you and taking a tour of your HEAL Zone. Thanks to all of the gracious hosts.

We are also looking forward to seeing many of you at the HEAL Zone Learning Community on March 19! We are still working on the details, and will send out more information next week.

New HEAL Zones Website Launches

Our new website, www.healzones.org, is officially live. If you missed Thursday's webinar about the site, you can view it at:

<https://kponline.webex.com/kponline/lr.php?AT=pb&SP=TC&RID=72939502&rKey=09b2747aaf685bdf&act=pb>

New Healthy Food Access Portal Website

PolicyLink, The Food Trust, and The Reinvestment Fund are excited to announce the [Healthy Food Access Portal](http://www.healthyfoodaccess.org). The new portal connects community leaders, healthy food retailers, policymakers, and advocates to an extensive array of resources, strategies, and ideas to improve and increase access to healthy food retail—from grocery stores to corner stores, farmers' markets, and mobile produce trucks—in underserved communities. The content is organized around key topic areas to assist users of all levels of experience in the field of healthy food retail. Although the portal provides a wide range of resources, users are encouraged to submit their own stories, questions, and tips through the interactive discussion area featured on the site.

<http://www.healthyfoodaccess.org/>

Not Just True in Delaware

[Children Who Walk or Bike to School Perform Better on Tests, Studies Find](http://www.delawareonline.com/article/20130219/HEALTH/302190010/Studies-find-children-who-walk-bike-school-perform-better-tests?nclick_check=1), *Delaware News Journal*
Fewer than 11 percent of Delaware kids walk to school and just over half a percent ride a bike, a 2010 University of Delaware survey of 1,300 Delaware families across the state showed. But some Delaware families might want to reconsider how their children get to school. A study of nearly 20,000 Danish children, published late last year, showed those kids who walked, biked or got to school in some other physically active way performed better on tests of focus than their peers.

http://www.delawareonline.com/article/20130219/HEALTH/302190010/Studies-find-children-who-walk-bike-school-perform-better-tests?nclick_check=1

Do you have news you'd like to share in The Kaiser Permanente HEAL Friday Update? If so, please email Suzanne at suzanne.h.samuel@kp.org. We want to hear from you!

The Kaiser Permanente HEAL Friday Update - 3/22/13

Thanks for a great HEAL Zone Learning Community meeting this week. It is always great to see you. We are also very pleased to have completed our site visits to the HEAL Zones. There are so many exciting things that you are all doing! Thanks for your active participation and passion and enthusiasm for the work.

RESOURCES

How Children Can Meet Recommended Activity Goals. Despite overwhelming evidence about the benefits of physical activity for children, most American youngsters are not meeting the federal recommendation of 60 minutes a day. A new study by a team of University of Tennessee researchers has identified specific ways -- and estimated minutes for each approach -- that can help children achieve the recommended daily physical activity goal. Learn more from a short synopsis at http://www.activelivingresearch.org/files/AJPM2013_ResearchBrief_Basset.pdf ; see the full study at <http://www.sciencedirect.com/science/article/pii/S0749379712008057> .

EVENTS & LEARNING OPPORTUNITIES

**HEAL Zone Virtual Brown Bag Learning Series
Creative Approaches for Involving Clinic Partners**

Date: April 4

Time: 12:00 - 1:00 pm

The topic this month is on the opportunities and challenges for HEAL Zones in partnering with clinic partners. Panelist include Jim Stone (Walk San Diego) who will share lessons learned from a pilot "walking prescription" program and Bridget Cole (Community Partners) providing the current context for safety net clinic operations. For more information go

to: http://campaign.r20.constantcontact.com/render?llr=hgthtucab&v=001QhuZciaLI3V9jLDcU5_Qw-hGRfrlrJArbvYJO3mCEaimqQ5ebQ42pz7nuesdHEfpHK9wBoBm8WLYnrAUiLYpg9tap0ekvbrSR2tmRLZnUJ3F9boZ95PptA%3D%3D

Healthy by Design: Creating Neighborhoods that Promote Wellness. California Pan-Ethnic Health Network's spring convening, [Healthy by Design: Creating Neighborhoods that Promote Wellness](#), is next month. Focusing on the update to the state's general plan guidelines, the convening will give you a chance to provide recommendations that promote health. You will also be able to:

- Make the connection between how communities are planned and health
- Hear how local communities have incorporated health in their general plan
- Share ideas with the Office of Planning and Research as they updates the general plan guidelines

[Register here!](#)

Registration is \$25 for the General Public, \$10 for CPEHN Network Members. [Click to register](#) for Healthy by Design: Creating Neighborhoods that Promote Wellness

IN THE NEWS

The **Monument walking school bus** was the subject of a Contra Costa Times story (make sure you check out the photos), which was also picked up by other local newspapers: "[Parent volunteers help kids get safely to school after crossing guards cut](#) ."

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The Kaiser Permanente HEAL Friday Update - 3/29/13

Happy Spring to you all!! Please check out the resources below for funding and learning opportunities. Congratulations to Modesto for some great news coverage! Please note that I will be on vacation next week from April 1-5. There will be no update next week. In my absence, please contact Jodi Ravel, 510-625-6306 or jodi.ravel@kp.org for any urgent needs you may have.

FUNDING

Farm to School Grants. The purpose of the USDA Farm to School Grant Program is to assist eligible entities in implementing farm to school programs that improve access to local foods in eligible schools. On an annual basis, USDA awards up to \$5 million in competitive grants for training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships, and implementing farm to school programs.

More information: http://www.fns.usda.gov/cnd/f2s/f2_2013_grant_program.htm

School Grants for Healthy Kids. Through partners CSX Transportation, Kellogg Company, and the Walmart Foundation, Action for Healthy Kids is pleased to release its *School Grants for Healthy Kids* opportunities for the 2013-2014 school year. Around 400 schools will be awarded funds that will range from \$1,000 to \$5,000 with significant in-kind contributions from Action for Healthy Kids in the form of people, programs, and school breakfast and physical activity expertise. We'll also provide schools with management expertise and support to develop strong alternative and universal breakfast or physical activity programs.

More information: <http://www.actionforhealthykids.org/upcoming-events/grant-opportunities/school-grants-for-healthy.html>

EVENTS & LEARNING OPPORTUNITIES

Video for Health Best Practices Workshop. April 17, 11:00am - 1:00pm, Oakland. 21st Century New Media Training Series: A Training Series for Bay Area Health Care and Public Health Professionals. \$25. Video has the power to articulate your organization's vision, promote your programs and initiatives, move people to action, and show them things that few other mediums can do in quite the same way. In this workshop, join Mike Lawson from Diabetes Hands Foundation, and Gary Oliver and Diane Woloshin from the Alameda County Public Health Department, as they share their best practices for using video to strategically advance diverse advocacy, health promotion, and health education goals.

More information and registration: <http://www.regonline.com/newmedia2013>

Transportation Choices Summit, April 23, Sacramento. Join leading community organizations and advocates in Sacramento and help ensure state policies and investments promote effective public transit, great walking and bicycling, and affordable homes. Together we will learn about the hottest issues from leaders like the Secretary of Business, Transportation and Housing Brian Kelly and Air Resources Board Chair Mary Nichols as well as leading advocates like James Corless of Transportation for America.

More information: <http://transformca.org/choices2013> .

IN THE NEWS

Modesto HEAL Zone in the news x 3!

Three recent stories, including a really nice profile of our own Carole, showcase what the Modesto HEAL Zone has been up to.

- [Woman's dedication to west Modesto stands out](#) (a profile of Carole Collins)
- [Program delivers fresh produce, recipes to West Modesto](#)
- [Backers near fund goal for trail in west Modesto](#)

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