

The Kaiser Permanente HEAL Friday Update – 4/12/13

It is so gratifying and inspiring to see all the great coverage that is coming out of your HEAL Zone efforts. Please send us your news so we can share it with others.

Mark your calendar

For Thursday, May 16 at 2 PM for our HEAL Storytelling Coaching Call. HEAL Zone and Local Partnership grantees will have a chance to take the story from your work and make it even stronger with individualized expert help and the invaluable input of your colleagues. Details to follow.

In the News

The **City of Madera** made a proclamation in support of Public Health Week that gave strong recognition to the Madera HEAL Zone for their contribution to improving healthy eating and enabling active living.

Modesto has had a great run of news coverage recently, including an [op-ed by Carole](#) about their new Community Supported Agriculture program and their recent [Fruit and Veggie Fest](#).

Bayview continues to get media coverage on their corner store makeovers, including a story from local radio station [KALW](#).

Know anyone?

Contra Costa's Healthy and Active Before 5 is recruiting a new project manager. Candidates can learn more about Healthy and Active Before 5, review the job description and find instructions for applying at <http://www.healthyandactivebefore5.org/>.

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 – 4/19/13

This issue contains training sessions, including one of our own, success with a new farmers market, and more.

Please Register: HEAL Storytelling Practice Session

Registration is now open for the on **May 16 at 2 PM**. HEAL Zone and Local Partnership grantees will have a chance to take the story from your work and make it even stronger with individualized expert help and the invaluable input of your colleagues. Register at <https://kponline.webex.com/kponline/k2/j.php?ED=228044042&UID=1403483907&HMAC=da044f15b0ecbac439bb3437328adf4b71551b20&RT=MIM0&FM=1>. Registration will be limited so as to provide individual attention. Once the 2 PM session fills up, we will add another, but register soon to ensure your spot.

Release of Kaiser Permanente Breastfeeding Toolkit

Breastfeeding is a newborn's very first opportunity to experience healthy eating. That is why I am sharing this new breastfeeding support resource from Kaiser Permanente. As a part of its commitment with the Partnership for a Healthier America to develop and make publicly available a breastfeeding practices guide to help physicians, nurses, and care teams promote breastfeeding in the hospital setting., Kaiser Permanente publicly launched its breastfeeding toolkit on April 16, 2013.

The toolkit and website are available at: <http://kpcmi.org/how-we-work/breastfeeding-support/>.

Although focussed on the ways that hospitals and clinics can support breastfeeding, there are also strategies for how communities can contribute to a breastfeeding friendly environment. I encourage you to forward to disseminate as you see fit.

American Public Health Association Webinar

Built Environment Approaches for Improving Community Health. May 9, 10:30 a.m.– 11:30 p.m. The built environment — our neighborhoods and communities where we live, learn, work and play — has an impact on physical activity levels, access to healthy food, transportation behaviors and, ultimately, health outcomes. This webinar will feature two counties that have taken different approaches to changing the built environment around them in order to improve the health of their communities. Public health and development officials from Kane County, Ill., will describe their model for collaborative public policy planning and implementation and discuss the implementation of their 2040 Master Plan, which fully integrates public health into land use and transportation decisions. Representatives from Manatee County Health Department in Florida will discuss the development of a Complete Streets policy to reduce pedestrian and bicycling injuries and increase opportunities for biking and walking. For more information and to register: <https://cc.readytalk.com/cc/s/registrations/new?cid=3nzhcg999swa>

Yes we have no more bananas

A new Modesto HEAL Zone farmers' market premiered last week, to much success. Here are some numbers behind the vegetables...

<u>Purchased:</u>	<u>Amount Sold:</u>
1 case (approx 100) Bananas	Sold Out
1 case (approx 88) Fuji apples	Sold Out
1 case (approx 22 lb) Kiwi	Approx 19lb (3lb left; donated to local resource center)
1 case (approx 113) Oranges	Approx 85 pc (30pc left; donated to local resource center)
1 case (approx 30 bunches) Cilantro	Approx 15 pc (15 pc left; donated to local resource center)
1 case (approx 25lb) Cucumbers	Sold Out
1 case (approx 11lb) Asparagus	Sold Out
1 case (approx 18) Eggplant	Approx 12 pc (6 pc left; donated to local resource center)

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!