

## The Kaiser Permanente HEAL Friday Update – 7/19/13

Hard to believe that summer is half over (for those of us shuttling kids from camp to camp, you know what I'm talking about!!)

Interestingly, studies have shown that Body Mass Index gains are twice as great during the summer compared to during the school year due to increased sedentary screen time, more opportunities to overeat, and more exposure to high calorie foods. These findings are especially in low income communities due to the lack of community resources for safe play, lack of summer programs accessible and affordable in low income communities, and the absence of school based feeding programs in many communities over the summer. Thanks to all of you for the helping to make your communities healthier all year round.

I hope you have all had, or are planning to have, an opportunity to enjoy some restful time with family and friends.

### SAVE THE DATE

Please note the following dates for Local Partnership and HEAL Zone Learning Community convenings. Details are still under development, but we expect attendance to be limited to 2 or 3 per site.

- Local Partnership Grant Celebration and Sharing: October 7, 9am - 4 pm in Oakland
- HEAL Zone Learning Community, October 28, 9 am - 4 pm Oakland -

### EVENTS & LEARNING OPPORTUNITIES

**July 25, 1-2 PM, Virtual Brown Bag Learning Series. Re-Inventing Neighborhood Food Retailers** . Join our Southern California HEAL Zones colleagues for the Virtual Brown Bag (VBB), a monthly web convening aimed at generating discussion and peer learning by Southern and Northern California HEAL Zone grantees and their partners. The VBB session this month will focus on best practices for re-inventing and sustaining neighborhood corner stores. While we understand that "makeovers" to feature healthy foods and produce are a first step, Kaiser HEAL communities also need to support store owners in transforming their businesses into healthy and *profitable* food retailers! Our discussion will be instigated by folks from the Network for a Healthy California food retail program with successful conversion experience under their belts and HEAL Zone partners working with community residents to sustain these changes. We invite food retail strategy partners, corner store and restaurant owners, and residents to join this discussion on creating and sustaining healthy food retailers. In preparation for the discussion, please review the *Healthy Foods Here: Grocery Merchandizing Tips* resource ([Link](#)). For an example retail program see the *Network for a Healthy California Retail Program: Retail Fruit & Vegetable Marketing Guide* ([Link](#)). [Register](#) for the session to attend.

## RESOURCES

[http://www.rwjf.org/en/about-rwjf/newsroom/features-and-articles/signs-of-progress-in-childhood-obesity.html?cid=xtwp\\_rwjf\\_signs\\_CA](http://www.rwjf.org/en/about-rwjf/newsroom/features-and-articles/signs-of-progress-in-childhood-obesity.html?cid=xtwp_rwjf_signs_CA)

New Institute of Medicine report, “Educating the Student Body: Taking Physical Activity and Physical Education to School,” <http://www.iom.edu/Reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School.aspx>

“[Less Dread, More TED: 5 Smart Tips for a Great 10-slide Presentation](#),” from Lightbox Collaborative at

[Salud America!](#) from the RWJF Research Network to Prevent Obesity Among Latino Children is a national network of researchers, community leaders, policymakers, and other stakeholders who are working together to increase the number of Latino scientists seeking environmental and policy solutions to address Latino childhood obesity. The website has great resources on strategies and considerations in working with Latino populations on obesity prevention. <http://www.salud-america.org/>

## IN THE NEWS

Kudos to Monument for scoring a \$2.2 million “One Bay Area Grant” grant from the Metropolitan Transportation Commission to make changes identified during their initial walk audit. The event culminates a yearlong process in which community members assessed walking and biking safety on Detroit Avenue. Along with city staff and Contra Costa Health Services, they proposed a plan to improve the street. Funds will be used to build sidewalks, bike lanes, signals, bus shelters and safe crossings on Detroit. Read more at <http://claycord.com/2013/07/12/detroit-avenue-neighborhood-celebrates-2-2-million-safety-grant-award/> .

**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](mailto:suzanne.h.samuel@kp.org). We want to hear from you!