

# HEALing NEWSLETTER

January 2014

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[Email Judy Harper](#)

[Email Arpiné Shakhbandaryan](#)

[Email Joanna Galeas](#)

[www.HealZones.org](http://www.HealZones.org)



## Happy Healthy 2014!



*There is no Virtual Brown Bag scheduled in January.*

## Peer Exchange & Site Visit Opportunities

We are kicking off 2014 with a pilot peer exchange program for promising healthy eating active living strategies in Southern California communities. [Email us](#) to learn how you can participate in these learning opportunities.

### **Lemon Grove School District Wellness Council**

**January 23, 2014 | 3:30PM**

Observe the wellness council meeting in action and learn how Lemon Grove School District engages parents in policy and environmental change strategies to improve student health.

### **North Long Beach Walk Audit**

**January 24, 2014 | 8:00AM**

Participate in the walk assessment involving city, public health, school, and resident input to creating safe places to walk and bike. Understand how to use these assessments with decision makers to prioritize environmental and policy change.

### **Whittier City School District Wellness Council**

**January 23, 2014 | 12:30PM**

Observe the wellness council meeting in action and learn how Whittier City School District engages parents in policy and environmental change strategies to improve student health.

### **El Monte City School District Breakfast in the Classroom**

**February 6, 2014 | 7:45AM - 10:30AM**

Observe Breakfast in the Classroom in action and learn how El Monte City School District successfully implemented alternative school breakfast models. Understand how alternative models can equate to increased federal/state funding for your district.

## HEAL Site Highlights



### Hollywood High School Plants Fruit Trees



Thanks to a generous donation by Million Trees Los Angeles, Hollywood High School received 15-gallon fruit trees over the holiday break! The students returned to find a nectarine, plum, and apricot tree. Joe Mendizza, Special Education Department Chair and SDP Teacher at Hollywood High School said, "the trees will make a great addition to the beauty of the school as well as provide students with nutritional and educational opportunities." For more information contact [Deborah Ebrahemi](#).



### North Long Beach Kicks Off Houghton Park Fitness Loop



Department of Health and Human Services and the Coalition for a Healthy North Long Beach held the Houghton Park Fitness Loop Kick-off and Walking Workshop to increase opportunities for physical activity in the North Long Beach area. The Loop is the first of its kind in the City of Long Beach and is a partnership with the Department of Parks, Recreation, and Marine. It is approximately one-half mile and is marked by community friendly fitness signs in English and Spanish, various exercise moves, and a QR code for mobile devices that links participants to an instructional video. For more information contact [Shawna Stevens](#).

### Mural in Ontario Promotes Healthy Eating



Susan Phillips was looking for a way to promote the ongoing work at Pronto Market to provide fresh, affordable produce to the city. That's when she thought about Pitzer College professor Jessica McCoy and her mural painting class. Maggie Shafran, a senior art major at Pitzer, designed a 10-foot-by-70-foot mural, "Journey to Pronto Market," focusing on the relationship between local farms and the Ontario market. "The city was great," she Phillips, assistant professor and academic director of the Pitzer in Ontario Program.

"They were fantastic, they were responsive, and they were excited. Partly because of their dedication to the HEAL Zone. They are really supportive in ways that (are) stretching the city - they are having to rethink their basic principles." To read the full article click [here](#). For more information contact [Susan Phillips](#).

To be featured in the newsletter, please [email us](#) a description of your site's highlight.

## Announcements & Events



### **Liability 201: Thinking Through Your Community's Safe Routes to School Liability Concerns**

**January 16, 2014 | 11:00AM**

Join us for our upcoming webinar, Liability 201, where we will host experts on the sometimes confusing topics of Safe Routes to School and liability. Our speakers will review basic liability concepts and then delve into the more detailed issues related to the implementation of walking school buses, bike trains and remote drop offs. Additionally, our panelists have agreed to field your questions ahead of time! [Details](#)



### **Conducting a Local Procurement Baseline Assessment**

**January 23, 2014 | 11:00AM**

Finding, Buying and Serving Local Foods Webinar Series Kicks Off January 9th. The USDA Farm to School Program will host two webinars each month to showcase the variety of ways school districts can purchase local foods. Topics will include everything from procurement basics to using geographic preference, to finding local producers, to buying local through DoD Fresh. [Details](#)



### **Champions for Change:**

#### **Leading a Backbone Organization for Collective Impact**

**February 11-13, 2014 | San Francisco**

A strong backbone organizations - staff dedicated to guiding a cross-sector group of stakeholders toward a common goal - are a critical component of collective impact. This workshop is designed to provide professional development to backbone organizations on their role in, and success factors for, collective impact and creating peer learning among backbone leaders. [Details](#)



### **Active Living Research Annual Conference**

**March 9-12, 2014 | San Diego, CA**

Active living has evolved from from an emerging research field to a nation-wide movement of implementing evidence-based strategies to create active communities. The conference will bring together experts to share lessons on international obesity prevention research on urban Latino populations in the US, Colombia, Mexico, and Brazil. [Details](#)

## Resources & Learning Opportunities



### **New Recommendations from the RWJF Commission to Build a Healthier America**

The Robert Wood Johnson Foundation (RWJF) convened the Commission to Build a Healthier America in 2008 to help find better ways to improve the health of the nation. The 2014 recommendations are to invest in the foundations of lifelong physical/mental well-being in young children, create communities that foster health-promoting behaviors, and broaden health care to

promote health outside of the medical system. [Details](#)



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### **Educating the Student Body:**

#### ***Taking Physical Activity and Physical Education to School***

The school environment is key in encouraging and providing opportunities for children and adolescents to be active. The recommendations in this report provide approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment, including before, during, and after school. [Details](#)

THE SACRAMENTO BEE [sacbee.com](http://sacbee.com)

#### ***Will school lunchrooms be the next rock star venue for chefs?***

Will the new, young, school food service directors become the rock stars of the 2020s, changing and leading the way we think about food? Why not? Directors are working to change the food that schoolchildren are offered and the way they are educated about it. How are they doing this? By increasing the freshness and flavors of the food they source and prepare. [Details](#)



#### ***LAFPC Releases "Food System Snapshot" Report***

The Los Angeles Food Policy Council is excited to announce the "2013-2014 Los Angeles Food System Snapshot" report, which provides important baseline information on the state of the Los Angeles regional foodshed. With data, statistics, and infographics for over 100 indicators, the Snapshot covers a wide range of information related to foodshed in Los Angeles County and the City of Los Angeles. [Details](#)

## Grant Opportunities



#### ***Captain Planet Foundation Grant***

**Award Amount: Various**

**Deadline: January 31, 2014 (bi-annual)**

The mission of the Captain Planet Foundation is to give the next generation of environmental stewards an active understanding and love for the natural world in which they live. Our unique program of funding and supporting hands-on environmental projects is designed to encourage innovative initiatives that inspire and empower children and youth around the world as they work individually and collectively creating environmental solutions in their homes, schools and communities. [Details](#)

THE  
Strategic Growth Council

#### ***2013 Sustainable Communities Planning Grant***

**Award Amount: Various**

**Deadline: February 28, 2014**

The grant provides a unique opportunity to improve and support infill development and equity through improvement of existing infrastructure; protect and conserve natural resources and the state's working lands; and encouraging efficient development partners in areas for growth is projected through a collaborative and coordinated approach. [Details](#)

## Policy Updates



### **S. 1708 / J.R. 3494**

A new legislation if passed will require USDOT to set a non-motorized safety performance measure. The National Highway Traffic Safety Administration (NHTSA) confirmed that bicycle and pedestrian fatalities have continued to increase - now representing 16.3 percent of all traffic deaths. As part of MAP-21, the US Department of Transportation (USDOT) has to set a performance measure to reduce traffic fatalities and serious injuries, and each state has to set a target for how much they will reduce those deaths and injuries. [H.R. 3494](#) / [S. 1708](#) requires USDOT and state DOTs to account for and work to reduce bicycle and pedestrian deaths.

## About

The HEALing Newsletter is published monthly to provide important grantee updates and highlight Southern California HEAL activities. The Newsletter also includes a calendar of upcoming events, resources, learning opportunities, grant funding notices, and policy updates. If you have questions or comments, please contact Judy, Arpiné, or Joanna using the contact information below.

Judy Harper, Senior Program Director  
Direct: (213) 346-3215  
[jharper@CommunityPartners.org](mailto:jharper@CommunityPartners.org)

Arpiné Shakhbandaryan, Program Manager  
Direct: (213) 346-3280  
[ashakhbandaryan@CommunityPartners.org](mailto:ashakhbandaryan@CommunityPartners.org)

Joanna Galeas, Program Associate  
Direct: (213) 346-3246  
[jgaleas@CommunityPartners.org](mailto:jgaleas@CommunityPartners.org)

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Community Partners | 1000 North Alameda Street | Suite 240 | Los Angeles | CA | 90012