

HEALing NEWSLETTER

August 2013

In This Issue

- Virtual Brown Bag
- HEAL Site Highlights
- Announcements & Events
- Resources & Learning Opportunities
- Grant Opportunities
- Policy Updates
- About

Quick Links

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www.HealZones.org



Learning Events

Network Leader Learning Circle

July 22, 2013



The HEAL community coordinators gathered in Los Angeles for their quarterly meeting, this time with a focus on effective network planning - keeping in mind that strategic convening, flexibility and responsiveness to opportunities continue to guide the HEAL work. With the effective use of data as a foundation, coordinators participated in activities and dialogue designed to reflect on HEAL Zone year one implementation, and to consider how to sustain partner/resident/youth engagement through strategic convening in year two. [Details](#)

Youth Convening

July 23, 2013



Over forty youth and adult mentors from across Southern California Kaiser HEAL communities gathered in Los Angeles to gain the skills and tools to transform their schools and neighborhoods into healthy active places. Hollywood High School and HEAL project Alumni, Yasuein Reyes, shared his story of overcoming personal challenges by adapting a healthy lifestyle and leading physical activity changes in his school. Baldwin Park's most notable youth advocate Connie Gonzalez, gave insight into the determination it takes to get young people involved in community organizing and how her involvement in a community initiative influenced her decision to go to college. Connect with [Stacy Kruse](#) for more information on connecting the youth work with Kaiser HEAL strategies. [Details](#)

Virtual Brown Bag



Parks Make Life Better: Perceptions of Safety and Use for Physical Activity

Thursday, August 22, 2013 | 12:30 - 2:00 PM

Registration

Parks and open space make life better by providing a place for community members to play and exercise. Challenges such as lack of access, attractiveness, and perceptions of safety can lead to the underutilization of these valuable resources. The discussion in August will focus on creative strategies for addressing these challenges to get both adults and youth outside, moving, and enjoying the outdoors. City of Riverside Parks and Recreation staff and Police will be on hand to launch the discussion with their Safe Parks Program. We invite city parks and recreation staff, youth, residents, police and safety officers, and homeless outreach partners to join this discussion and share challenges and solutions for making life better with parks.

The Virtual Brown Bag (VBB) is a monthly web convening aimed at generating discussion and peer learning by Southern California HEAL Zone grantees and their partners.

HEAL Site Highlights

WELCOME TO



PROJECT LEAN
LEADERS ENCOURAGING
ACTIVITY AND NUTRITION

Hollywood High School, Lancaster, Lemon Grove, and Whittier Residents and Partners Participate in the California Project LEAN "Parents in Action" Training in Los Angeles



Parents and partners are gearing up for the new Fall semester with new skills in school wellness policies. Deirdre Kleske from the California Project LEAN led 12 participants in the "Parents in Action" Train-the-Trainer Workshop on August 3rd. Participants will use the toolkit to engage residents/parents in the Local School Wellness Policy implementation, monitoring, and evaluation. Lancaster and Whittier participants will be implementing the training in their local communities in Fall of 2013. Contact [Arpiné](#) for more information on implementing the curriculum with your local community residents and parents. [Details](#)



Lemon Grove, Ventura, and Whittier Youth Mentors Participate in YEAH! Youth Advocacy Training in San Diego



Youth are leading changes in their HEAL communities with the help of their mentors. Melanie Nally from San Diego County Childhood Obesity Initiative led participants from San Diego and HEAL Communities in the YEAH! Curriculum training. While participating in a YEAH! project, youth identify and work toward a goal and gain valuable leadership experience. Youth participants learn how their neighborhood environment impacts health and discover their voice in community advocacy. Contact [Arpiné](#) for more information on implementing the curriculum with your local youth. [Details](#)

If you would like to be featured in the monthly newsletter, please send a description of your site's highlight to [Arpiné](#).

Announcements & Events



Show Me the Money: Fundraising for Local Walking Campaigns

August 29, 2013 | 11:00 AM - 12:00 PM

Now, more than ever, fundraising is more challenging, as resources are not as plentiful and accessible as they once were. This discussion forum will talk about the ups and downs of fundraising for local walking campaigns and some strategies and interventions used in successful fundraising. Hear from experts in the field with diverse backgrounds and who bring both the funder and funded perspective to this discussion. [Details](#)



Authentic Middle School Youth Engagement in Safe Routes to School

September 5, 2013 | 11:00 AM - 12:00 PM

Successfully engaging middle school youth in Safe Routes to School projects and programs can prove challenging for advocates, facilitators, teachers and after school programs. This webinar will provide an overview for working with middle school youth and look at programs and practices that have effectively engaged youth in active transportation efforts around their schools. [Details](#)



Healthy Food Business & Leadership Training

September 7, 2013 | 9:00 AM - 5:00 PM

The Healthy Neighborhood Market Network presents a special full-day training designed to provide independent store owners and their staff with the skills and resources needed to successfully introduce healthy food items at their stores. Intensive workshop sessions will connect store owners with industry experts who will present strategies for growing a business, effective marketing, and handling fresh produce. This event is FREE for market owners, managers, and staff. [Details](#)

Using Social Media to Advance Public Health**September 10, 2013 | 12:00 PM - 1:00 PM**

Join ASTHO, the Food Marketing Workgroup, and NPLAN for a webinar to explore how social media can be used to advance public health. Participants will discuss the evolving world of social media, identify the benefits of the different social media platforms, explore strategies for using social media to effectively advance health issues, and hear case studies from organizations at both the national and state levels that have successfully implemented social media campaigns to promote public health. [Details](#)

Resources & Learning Opportunities**CHIS 2011-2012 is Here!**

The California Health Interview Survey (CHIS) released new data based on interviews with more than 44,000 households in California. The survey, conducted by the UCLA Center for Health Policy Research, covered hundreds of topics affecting state residents' health and well-being. Data on nearly 200 of these topics is available by state, region, county and some service-planning areas in Los Angeles and San Diego counties. [Details](#)

**Childhood Obesity Rates Drop in 18 States and One U.S. Territory**

A new report on obesity among preschool children enrolled in federal health and nutrition programs shows the nation is making important progress to reverse the epidemic. Among the places with declines, the U.S. Virgin Islands had the greatest decrease, from 13.6 percent in 2008 to 11 percent in 2011, and rates in Florida, Georgia, Missouri, New Jersey, and South Dakota dropped by at least one percentage point during that period. Rates remained stable in 20 states and Puerto Rico and increased in only three states - Colorado, Pennsylvania, and Tennessee. [Details](#)

Grant Opportunities**WellPoint Foundation Healthy Generation Grants****Application Deadline: September 13, 2013****Award Amount: Various**

The WellPoint Foundation invests in domestic initiatives that help improve the lives of people and the health of communities. The foundations mission is to address preventable health concerns through strategic charitable choices. Grants support physical education, physical activity, and wellness programs. Focus areas include childhood obesity prevention. [Details](#)

**Aetna Foundation Regional Grant Program****Application Deadline: September 15, 2013****Award Amount: \$40,000**

Grant funded projects may include school-based or after-school nutrition and fitness programs that help children learn healthy habits at an early age, community-based nutrition education programs for children and families, efforts to increase the availability of affordable produce in communities, and community gardening and urban farming activities for children and families.

[Details](#)



Choose Health LA Kids Project

Application Deadline: September 20, 2013

Award Amount: \$1,000,000

The Los Angeles County Department of Public Health (DPH) is soliciting proposals from qualified organizations to implement the Choose Health LA Kids Project (CHLAKids). The funding from First 5 LA will support DPH's participation in the Early Childhood Obesity Prevention Initiative (ECOPI) to reduce the prevalence of obesity among children ages 0-5 in Los Angeles County. CHLAKids is one of three ECOPI project areas. [Details](#)



Whole Kids Foundation Garden Grant In Partnership with FoodCorps

Application Deadline: October 31, 2013

Award Amount: \$2,000

School garden grants are available for a nonprofit K-12 school (public, private or charter -- elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. Recipients will be announced in Spring 2014. [Details](#)

Policy Updates



ENACT 2013 What's Next

August 28, 2013 | 10:00 AM - 12:00 PM

On June 5th, community members from across California attended ENACT 2013, an advocacy day in Sacramento aimed at educating legislators on important nutrition and physical activity policies impacting our communities, including Safe Routes to Schools, breast-feeding friendly hospitals, potential funding for parks, and nutrition training for child care providers. Join the webinar to discuss upcoming advocacy opportunities on these critical issues. Panelists will be discussing:

- Ways to promote a state or local soda tax
- Efforts to maintain Safe Routes to Schools
- Opportunities to engage in the national Farm Bill discussion, particularly on protecting SNAP. [Details](#)

MAP-21

In June of 2012 Congress passed the transportation bill, MAP-21, which consolidated Safe Routes to School into the Transportation Alternatives program (TAP). Nine months into implementation, 35 states have committed not to transfer money away from Transportation Alternatives, and 9 states will be adding money to TAP which increases opportunities for pedestrian and bicycle projects. Fifteen states plan to retain Safe Routes to School as a standalone program, 40 states will retain their Safe Routes to School coordinator and five states will pay for the required match for Safe Routes to School projects. [Details](#)

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, and Joanna using the contact information below.

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