

HEALing NEWSLETTER

December 2013

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www.HealZones.org



Happy *Healthy* Holidays!



**Wishing you a wonderful holiday season full of
healthy eating and active living!**

There is no Virtual Brown Bag scheduled in December.

HEAL Site Highlights

Resident and Youth Leaders Creating and Sustaining HEAL Communities

Join us in celebrating some of the growing number of outstanding residents, adult and youth, leading the way to healthier communities!

Analaura Amezquita, Whittier youth Analaura healthier food options in attending the Change Analaura built persuaded them to "healthy picks" corner picks" logo won first promote healthier advocate, community plans to attend Whittier Club.



Whittier

Amezquita, 14, is advocating for her neighborhood food retailers. After Starts with Me training in 2012, relationships with store owners and participate in the Activate Whittier store project. Her design for the "healthy place and will be used to identify and options in the store. Analaura is an volunteer, and a 4.0 GPA student! She High School next year and start a HEAL



Leticia Murillo, Anaheim

Leticia Murillo started CARACOL, a Saturday program to promote family physical activity in a local park in Anaheim. Through her involvement with HEAL, Leticia learned to tap into the resources of HEAL partners and the city to obtain the permits, supplies, and licenses needed to run this increasingly popular program. Leticia graduated from Anaheim's Leadership Academy in 2007 and from Padres en Accion training in 2012. She volunteers at Edison Elementary School during their Active Recess program to ensure children are meaningfully engaged in physical activity.



Josue Balderas, Whittier

Each year the California Center for Public Health Advocacy (CCPHA) recognizes leaders at the local, state, and national level whose work helps create healthier communities. Whittier resident Josue Balderas was the recipient of the 2013 Guardian of Health award. The award recognizes stalwart advocates whose work has a special focus on impacting the health of children and adults who live in communities without easy access to healthy food or safe places to be physically active.

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

Announcements & Events



Financing Healthy Food Retail 2.0

December 17, 2013 | 11:00 AM - 12:00 PM

Across the country, healthy food financing initiatives and programs are helping to increase access to nutritious foods for millions of Americans. This webinar, hosted by the Healthy Food Access Portal, will discuss how these initiatives are being administered by community development financial institutions (CDFIs) and food access organizations on the local and state level. [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 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



LAUSD Local Food Push is Healthy for Local Economy

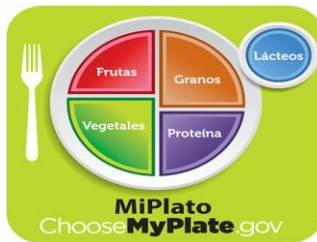
Los Angeles Unified School District's (LAUSD) commitment to more local sourcing of the food it serves has boosted business and employment at producers' plants. In just two years, the district has boosted its purchases of local produce from 9% of its \$20-million annual produce budget to 75%. The preference for products that originate within about 200 miles of Los Angeles was formalized last year by the Board of Education. The district became Los Angeles' second institution - city government being the first - to pledge to support local purchasing, workers' rights, animal welfare, environmental sustainability and nutrition in a "good food" program developed by the Los Angeles Food Policy Council. [Details](#)



Robert Wood Johnson Foundation

How Behavior Change Really Happens

BJ Fogg, director of the Stanford Persuasive Technology Lab, is a social scientist, innovator, and teacher who creates systems to change behavior. In a new video, Fogg shares his model for behavior change and how aligning motivation, ability and triggers can lead to healthy habits. [Details](#)



USDA Launches Spanish-language ChooseMyPlate Resources

To celebrate and increase awareness about MiPlato- the Spanish complement to MyPlate- the USDA Center for Nutrition Policy and Promotion is launching new resources for Spanish-speaking audiences. The new Spanish-language resources include general information about weight management and counting calories to help adults think about their food and beverages choices. New recipes are also available in Spanish and English to help families prepare healthier meals. [Details](#)



ChangeLab
Solutions
Law & policy innovation
for the common good.

Model Healthy Food System Resolution

ChangeLab Solutions developed this Model Healthy Food System Resolution to help community members and policymakers start their own conversation about how the local government can support a healthier food system. Many communities have started to take a strategic approach to shaping the food system and improving health. Some communities have established food policy councils, which advise the local government on food-related policy issues. Others have passed laws making it easier to start farmers' markets or community gardens. Still others see nurturing a local food system as a core economic development function. [Details](#)

Lifting Up What Works[®]

PolicyLink

The Grocery Gap:

Who Has Access to Healthy Food and Why It Matters

PolicyLink and The Food Trust recently released a new report showing that accessing healthy food is still a challenge for many Americans - particularly those living in low-income neighborhoods, communities of color and rural areas. [Details](#)



Build Your Own SRTS District Policy with New Interactive Tool

The Safe Routes to School National Partnership and ChangeLab Solutions developed an interactive Safe Routes to School Policy Workbook tool to customize a Safe Routes to School district policy. It is designed to help school board members, administrators, families of students, and community members create and implement policies that support active transportation. [Details](#)

Grant Opportunities



Baseball Tomorrow Fund

Award Amount: Various

Deadline: January 1, 2014

Grants provide funding for incremental programming and facilities for youth baseball and softball programs. The funds may be used to finance a new program, expand or improve an existing program, undertake a new collaborative effort, or obtain facilities or equipment necessary for youth baseball or softball programs. [Details](#)



Local Sustainability Matching Fund RFP

Award Amount: \$25,000 - \$75,000

Deadline: January 8, 2014

The Fundators' Network for Smart Growth and Livable Communities (TFN) and the Urban Sustainability Directors Network (USDN) joined together to launch a Local Sustainability Matching Fund (Matching Fund). The fund will provide matching investments from national foundations on a competitive basis to build partnerships between sustainability directors and local place-based foundations to advance discrete sustainability initiatives that demonstrate broad-based community support and engagement. [Details](#)



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](#)



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



Historic Active Transportation MOU in San Bernardino County

In early November 2013, the San Bernardino Association of Governments (SANBAG) board adopted a historic Memorandum of Understanding (MOU) with the Southern California Association of Governments (SCAG). The MOU demonstrates both agencies' commitment to the policies, projects, and strategies set forth in the 2012 Regional Transportation Plan and Sustainable Communities Strategy (RTP/SCS). While the RTP/SCS is mandated by SB 375, state legislation to reduce greenhouse gas emissions through trying land use and transportation planning in the RTP process, the MOU is strictly voluntary. [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, or Joanna using the contact information below.

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