

HEALing NEWSLETTER

January 2013

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[Email Judy Harper](#)

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Happy New Year



The HEALing Newsletter is published on a monthly bases and includes important updates for grantees and highlights on strategies in Southern California HEAL communities. The issue also includes upcoming events, resources, learning opportunities, grant funding notices, and policy updates. If you have questions or comments, please email Judy, Arpiné, and Joanna using the quick links on the left.

Southern California HEAL Save the Dates

Please Update Your Calendars - ALL NEW DATES

February 12, 2013

Quarterly Coordinator Meeting

May 3 - 4, 2013

Day 1: Quarterly Coordinator Meeting

Day 2: Resident Convening

July 22 - 23, 2013

Day 1: Quarterly Coordinator Meeting

Day 2: Youth Convening

October 15 - 16, 2013

Day 1: Quarterly Coordinator Meeting

Day 2: Fall Learning Community Convening

Virtual Brown Bag - Save the Date

Faith Communities in HEAL: Internal Change and Community Contributions

January 24, 2013

Several Southern California HEAL Zone communities have partnered with local faith based organizations to implement healthy eating and active living strategies in their ministries. Our discussion this month will focus on how to recruit faith leaders and congregants to HEAL work and discuss the ways different churches are incorporating HEAL work in their ministries. Pastor Mark Stapleton of Cornerstone Community Church and Pastor Jeff Lettow of First Baptist Church of Lemon Grove will get us started by reflecting on their work with the HEAL sites.

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

What's Dose Got to Do with It?

Dose is an estimate of the impact of an intervention across the entire community. It combines the number of people reached by an intervention and the strength of the intervention to change the behavior of those reached. Recent evidence suggests that in order to change behavior we need to implement interventions that reach enough people and that are strong enough to change behavior among those reached.

Modesto California implemented a comprehensive high-dose physical activity intervention targeting youth that included the addition of 20 minutes of daily physical activity to after-school programs, the implementation of a Safe Routes to School Program, and adoption of PE standards. All strategies were supported with a community physical activity campaign and school-based awareness activities. Students reported a significant increase in number of minutes spent in physical activity before and after the intervention.

Important questions to consider to strengthen the impact of an intervention are How many people does this strategy reach? Could the strategy be reaching more people? How likely will those exposed to the intervention actually change their behavior? For questions and more information on dose contact [Laura Rubin](#).

HEAL Site Highlights



Congratulations to Lemon Grove and Ventura School Districts: Recipients of First Round of the USDA Farm to School Grants

Lemon Grove School District was awarded a planning grant to develop a farm to school initiative at a new middle school. The district goal is to maximize use of local, minimally processed, and fresh foods in school meals every day.

Ventura Unified School District was awarded a grant to implement a countywide school food purchasing and marketing program that increases the quantity and quality of fresh, seasonal, locally grown foods. The district will also create the organization, infrastructure and systems to sustain and expand the program as an economic enterprise for the long-term.

During the first round, hundreds of applicants across the country competed for a limited amount of funding. If you are planning to apply for funding please see resources below.

- [Details](#) on USDA Farm to School Grants
- [Details](#) on 2013 Grantees
- [Details](#) on Recording on Successful Applications
- [Details](#) on January 23rd Webinar on USDA Farm to School Program

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

Upcoming Events



Communities Creating Healthy, Active Environments

Thursday, January 17, 2012 | 10:00 AM - 12:30 PM

Communities across the nation are implementing projects that improve people's ability be more physically active in their neighborhoods. This webinar will share lessons learned from different communities that increased opportunities for both children and adults to walk, bike, exercise and play through policy and environmental changes. [Details](#)



Walk Talk: The SRTS Call-In Show Webinar

Tuesday, January 22, 2012 | 10:00 AM - 11:00 AM

Walk Talk (and bike, of course) features three experts who each coordinate SRTS programs at multiple schools and who represent a mix of urban, suburban and rural SRTS programs. Between them, they've confronted and overcome all manner of obstacles and barriers. And for one hour they will devote themselves to answering your thorniest SRTS questions. [Details](#)



Let's Move Faith and Communities: Transform Your Food Pantry into a Source of Health and Wellness

Thursday, January 31, 2012 | 11:00 AM - 12:00 PM

Join this Let's Move Faith and Communities webinar to learn how

to provide families with the information, encouragement, social support, and healthy food they need to develop or maintain a healthy lifestyle. Mary Haftmann-Dailer and Cindy Hammer from Catholic Charities West Virginia will share their innovative Wellness Works program, a comprehensive community-based approach to addressing the health and nutritional needs of food pantry consumers. [Details](#)



12th Annual New Partners for Smart Growth Conference
February 7-9, 2013 | Kansas City, Missouri

The 12th annual New Partners conference will explore practical strategies for identifying and overcoming barriers to more sustainable development in the Midwest and the rest of the nation. [Details](#)



Engaging Parents through the School Wellness Policy
February 13, 2013 | Los Angeles, California

Project LEAN will host a free workshop on "Engaging Parents through the School Wellness Policy" at The California Endowment's Los Angeles office on February 13, 2013, from 1:30 - 3:30 PM. The workshop is to give a brief overview of the updated Toolkit, Parents in Action, and is meant for key intermediaries who work with parents. The workshop will only be presented in English. If you are interested in attending this training, please email [Arpiné](#).



10th Annual Active Living Research Conference
February 26-28, 2013 | San Diego, California

This annual conference provides a forum for investigators to share findings and to learn about the latest thinking, methods, and research on policy and environmental issues related to active living. The conference also provides an opportunity for advocates, practitioners, policy-makers, and others to gain information and connections that can advance their work in promoting physical activity and preventing obesity. [Details](#)



7th Biennial Childhood Obesity Conference
June 18-20, 2013 | Long Beach, CA

The biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity. Nearly 2,000 attendees from across the country are expected to attend in 2013. The Conference will showcase the latest research, evidence-based best practices, and policy/environmental change strategies. [Details](#)

Resources & Learning Opportunities



2011 Data on Key Health Topics

The 2011 Health Profiles are based on the California Health Interview Survey's (CHIS) continuous survey design, which allows the release of these one-year estimates. The seven geographical regions are: Los Angeles County, other Southern California

counties, the San Joaquin Valley, Bay Area, Sacramento area, Central Coast, and the Northern and Sierra regions. Health insurance, obesity and diabetes are just some of the key health topics. Health Profiles include information for adults as well as children and teens. [Details](#)



Why Place & Race Matter

Explore how neighborhood environments and racially based barriers to opportunity intersect and examines how advocates and activists from neighborhoods throughout California are taking these connections into account as they work to enhance the health of individuals, families, and communities. [Details](#)



Workplace Wellness: A Discussion of New Findings and Efforts to Advance Healthier Communities

Learn how to use the new wellness policy requirements to transform your school environment! Find out how to update your school wellness policy to meet federal requirements established in the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). Join the statewide school wellness movement to support the academic achievement and well-being of all students and adults on school campuses! [Details](#)



Making the Case for Complete Streets in Your Community

Leveraging the media to build momentum for bicycle and pedestrian infrastructure can be an effective component of a strategy to generate support for Complete Streets policies. Yet, news coverage highlighting the need for Complete Streets, as well as local success stories, are barely visible in the media. Learn tips and examples from news stories, blogs, and media advocacy efforts that do a great job of making the case for Complete Streets. [Details](#)

Grant Opportunities



Fuel Up to Play 60

Application Deadline: January 15, 2013

Award Amount: \$4,000

The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements. Funding is available to K-12 schools enrolled in Fuel Up to Play 60. Funds can be used for professional development, nutrition education materials, and physical education equipment and materials. [Details](#)



The Bank of America Student Leaders Program

Application Deadline: January 25, 2013

Award Amount: 8 Week Paid Internship

Since 2004, this program has recognized more than 1,800 exemplary high school youth who have a passion for improving their communities. The students gain a greater understanding of how nonprofits create impact in the community and helps develop them as the next generation of community leaders. [Details](#)



Learning & Leadership Grant

Application Deadline: February 1, 2013

Award Amount: \$2,000

The National Education Association Foundation supports public school teachers, public education support professionals, and/or faculty and staff in public institutions of higher education to fund participation in high-quality professional development experiences, such as summer institutes or action research. All professional development must improve practice, curriculum, and student achievement. [Details](#)



Lowe's Toolbox for Education

Application Deadline: February 15, 2013

Award Amount: \$5,000

Lowe's Charitable and Educational Foundation is dedicated to helping parent-teacher groups achieve more. Eligible applicants include public K-12 school or non-profit parent groups (PTO, PTA, etc.) with an independent EIN and official 501c(3) status. Applicable projects include facility enhancement, landscaping, and clean up projects. Projects that encourage parent involvement and build stronger community spirit will be favored. [Details](#)



Transportation Planning Grant

Application Deadline: April 2, 2013

Award Amount: \$300,000

The California Department of Transportation (Caltrans), Division of Transportation Planning is now accepting applications for the Transportation Planning Grant Program. The Division will award approximately \$9 million in funding through six Grant Programs for Fiscal Year 2013-14. These programs provide monetary assistance for transportation planning projects to improve mobility and lead to the programming or implementation phase for a community or region. [Details](#)



National Association for
Sport and Physical Education

NASPE Sets the Standard

ING Run For Something Better School Awards Program

Application Deadline: May 15, 2013

Award Amount: \$2,500

The awards program will provide a minimum of fifty (50) grants up to \$2,500 for each school that desires to establish a school based running program or expand an existing one. The program is sponsored by ING Run For Something Better (ING RFSB), in partnership with the National Association for Sport and Physical Education (NASPE). [Details](#)

Policy Updates



Fiscal Cliff Deal Avoids Cuts to Prevention Fund

January 3, 2013

The 13th hour "fiscal cliff" deal agreed to by Congress and the Obama administration was a victory for prevention advocates. The Prevention and Public Health Fund was spared any cuts. [Details](#)



Fiscal Cliff Deal Cuts SNAP-Ed

January 2, 2013

The last-minute political maneuvering by Congress to avoid the 'fiscal cliff' has undercut the Supplemental Nutrition Assistance Program - Education (SNAP-Ed). [Details](#)



Health Groups Urge Nickelodeon to Match Disney Efforts & Set Nutrition Standards

December 3, 2012

More than 55 health groups and 30 prominent nutritionists, physicians, and other experts, called on Nickelodeon and parent company Viacom to implement strong nutrition standards for the foods marketed to kids on Viacom's various channels and that bear images of its characters. [Details](#)



Improving Food and Nutrition Policy

November 13, 2012

LAUSD's Board of Education unanimously votes to adopt the "Improving Food and Nutrition Policy," a policy introduced by Board Member Zimmer and Board President Mónica García. Adoption of this policy is another demonstration of the Board's commitment to ensuring that every student has access to a nutritious meal and healthy school environment. [Details](#)

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