

HEALing NEWSLETTER

July 2012

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Save the Date: Fall Learning Community

Tuesday, October 9, 2012 | 8:30 AM - 5:00 PM
The Pasadena Westin
191 North Los Robles Avenue, Pasadena, CA 91101
Open to Southern California HEAL Zone Partners

Wednesday, October 10, 2012 | 8:30 AM - 2:00 PM
The Pasadena Westin
191 North Los Robles Avenue, Pasadena, CA 91101
Open to HEAL Zone Project Coordinators

Virtual Brown Bag Learning Series

Healthy Schools, Healthy Kids: Translating Good Food Policy into Good (and Sustainable!) Practice
July 26, 2012 | 12:00 Noon - 1:30 PM

Grab your lunch and join us! Several school districts in the Southern California HEAL Zones have adopted model policies designed to transform school food environments. District approval of policy, however, is often only the first step in changing how and what our kids eat at school! Our discussion this month will focus on what more needs to happen to ensure that district policies translate into meaningful school change. Two active members of our Southern California HEAL Zone initiative, elected school board Blanca Brown and Healthy School Food Coalition organizer Elizabeth Medrano, will get us started by reflecting on their experiences. Be sure to invite your school and district staff partners, community-based organizations and parent advocates to participate in this one!

The Virtual Brown Bag is a monthly web convening to facilitate opportunities for grantees to learn from each other and from outside experts. It is held on the fourth Thursday of every month from 12 noon - 1:30 PM.

Please mark your calendars now. Click [here](#) to RSVP for the July 26th Virtual Brown Bag.

HEAL Site Highlights



"We are Walking to Promote a Healthy HHS"

When is a walking club more than a walking club?! Moms at Hollywood High School have created a morning walking club to improve their own health *and* to advocate for a healthy environment at their children's school! As they walk, they talk - about what they need to know about school policy, who they need to speak with at the local and district levels, and how to effectively advocate for healthy school environments. While the walking was inspired by Ryan Woodson (the Healthy School Partnership coordinator), the Prevention Institute and Healthy School Food Coalition helped the moms understand policy work and provided them with tools for effective advocacy! See the Coalition's great toolkit to help you work with your community, parent and students groups to ensure that local and district policies translate into meaningful school change. Click [here](#) to view the toolkit.



Ontario and Long Beach Resident Training

Ontario and Long Beach hosted the Prevention Institute trainings for coalition members and residents on understanding and analyzing the community factors that shape health, safety and equity and how to develop comprehensive strategies in the areas of healthy eating and active living. Click [here](#) to view the training flyer and agenda.



Southern California Youth Training

Summer is here, school is out! Hollywood High School, Long Beach, Ontario and Riverside youth will be keeping busy by participating in regional meetings with their peers and CCCP at the California Endowment. Share the report on their work to inspire your youth. Click [here](#) to view the report.

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

Upcoming Events



Making Tough Choices Easier: How to Prioritize Pedestrian Infrastructure Needs

Tuesday, July 17, 2012 | 10:00 AM - 11:00 AM

How do you know which infrastructure improvements will have the greatest impact on walking and biking to school? This webinar will help you learn how to prioritize projects at various schools within a community and how this has been applied in two communities. Click [here](#) for more details.



SPARK Wednesday Webinar Series

Wednesday, July 18, 2012 | 3:00 PM

SPARK is a research-based organization that disseminates evidence-based Physical Education, After School, Early Childhood and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students. Whether you are a seasoned SPARK Star or just learning about the program, this webinar series is for you! Click [here](#) for more details.



**"Together We Can" Partnership Series
Wednesday, July 25, 2012 | 11:00 AM**

The USDA has launched the "Together We Can" Partnership Series for community and faith-based organizations. These one-hour training sessions cover topics such as providing summer meals, teaching nutrition education and building local food systems. Click [here](#) for more details.



**International Walk to School Day 2012
Wednesday, October 3, 2012**

Join the celebration! Registration is now open for the 16th Walk to School Day, an annual event in the United States that is a part of an international effort to celebrate the many benefits of walking and bicycling to school. Now is the time to start planning! Click [here](#) for more details.

Resources & Learning Opportunities



Safe Routes to School National Partnership (SRTSNP)

Did you know that children who walk to and from school get an important part of their daily physical activity?! Earlier this month Safe Routes to School National Partnership (SRTSNP) presented on how they would like to support Southern California HEAL sites, ensuring that all children (and their families) live in communities where walking and bicycling is easy, safe and encouraged! Click [here](#) to view the PowerPoint presentation.



Project LEAN

California Project LEAN works to advance nutrition and physical activity policy in schools and communities in order to prevent obesity and its associated chronic diseases. Our efforts are centered around youth and parent empowerment approaches, policy and environmental change strategies, and community-based solutions that improve nutrition and physical activity environments. Click [here](#) for youth engagement resources.



CCPHA Releases Child Obesity/Overweight Data by City

CCPHA and the UCLA Center for Health Policy Research released data on the childhood obesity epidemic in California cities. The report, funded by the Robert Wood Johnson Foundation, analyzed over 250 California cities which revealed that while 38 percent of the state's children are overweight or obese, city overweight/obesity rates range from as low as 11 percent (Manhattan Beach) and climb five-fold to 53 percent for the state's poorest performing city (Huntington Park). Click [here](#) for more details.



Policies and Standards for Promoting Physical Activity in After-School Programs

Leading public health officials recognize after-school programs as an important setting for promoting physical activity and preventing obesity. This brief summarizes research on physical activity in after-school programs and examines how policies can help after-school programs more effectively promote physical activity and prevent obesity among children. Click [here](#) for more details.

SafeRoutes

National Center for Safe Routes to School



Getting Results: SRTS Programs that Increase Walking and Bicycling to School

This report offers brief summaries of eight programs that measured their walking and bicycling numbers and found an increase. The resource aims to assist and inspire Safe Routes to School (SRTS) programs to measure student travel patterns to look for possible changes over time and measure the progress of their activities. Click [here](#) for more details.



California Pan-Ethnic Health Network
Building on 20 years as a champion for health equity

The Landscape of Opportunity: Cultivating Health Equity in California

This report offers a number of policy recommendations on achieving health equity in California. Using health as a lens, we examine how education, housing neighborhood safety, availability of healthy foods, green space and health care access impacts our ability to live healthy lives. Click [here](#) for more details.

The Strategic Alliance Presents

EN • ACT 2012
nutrition & activity day

ENACT Day 2012 Re-Cap

On May 16th, over 100 people from across the state gathered in Sacramento to participate in ENACT Day, Strategic Alliance's annual grassroots advocacy day. ENACT Day provides participants with the skills and opportunity to actively participate in the policy-making process. Click [here](#) for more details.

Grant Opportunities



Convergence Innovation Fund: Promoting Health and Equity through Built Environment and Healthy Food Access Policy **Application Deadline: August 9, 2012**

The Convergence Partnership invites local and regional philanthropic institutions to submit proposals that will support the launch of new grant making initiatives designed to enhance the built environment and/or expand access to healthy food in low-income communities and communities of color in order to improve health and promote equity. Potential applicants are strongly encouraged to attend an informational webinar on Tuesday, July 10th at 12:30pm PT. Click [here](#) for more details.



Innovative Ideas Challenge **Application Deadline: September 1, 2012**

This grant by the California Endowment seeks innovative ideas to address the persistent and emerging health issues that impact underserved communities in California. Projects should align with the 10 outcomes or 4 big results from the Building Healthy Communities plan, including reversing the childhood obesity epidemic. California nonprofit organizations are eligible to apply. Click [here](#) for more details.

Policy Updates



L.A. Parks, Libraries Should Offer Healthier Beverages, Councilman Says

Los Angeles City Councilman Mitchell Englander is pushing for a measure that would limit sugary drinks for sale at city parks and libraries and require vending machine operators to offer a healthier mix of options. Click [here](#) for more details.



The Conversation on New York's Sugar-Sweetened Beverage Proposal

New York City Mayor Michael Bloomberg proposed a measure, if passed, would prohibited from selling sugar-sweetened beverages in serving sizes that exceed 16 ounces at food service establishments-including restaurants, fast food chains and movie theaters. Click [here](#) for more details.



PBS News Hour Explores Richmond, CA Soda Tax Proposal

As New York Mayor Michael Bloomberg proposes banning extra-large sugar drinks from public venues, the city of Richmond, California, may be poised to go further than any other government in the U.S. with a new tax on soda. Click [here](#) to watch the report.



Disney Magic of Healthy Living

The Walt Disney Company announced some of the most comprehensive marketing and nutrition standards put forth by a private company to inspire kids to lead healthy lifestyles. The changes will affect foods and beverages sold at Disney theme parks, products advertised on Disney TV, radio channels, websites and Disney-licensed products in the grocery-store aisles. Click [here](#) for more details.



Affordable Care Act

On March 23, 2010, President Obama signed the Affordable Care Act, thereby legislating comprehensive health insurance reforms that will roll out over four years and beyond, with most changes taking place by 2014. **The Act also created the Prevention and Public Health Fund, an unprecedented public investment to promote wellness, prevent disease, and protect against public health emergencies.** On June 29th the Supreme Court upheld the Affordable Care Act. For a comprehensive overview, visit WhiteHouse.gov/HealthReform and HealthCare.gov.

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