

HEALing NEWSLETTER

September 2012

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[Email Judy Harper](#)

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Fall Learning Community

Tuesday, October 9, 2012 | 8:00 AM - 4:30 PM
The Pasadena Westin
191 North Los Robles Avenue, Pasadena, CA 91101



Morning keynote speaker, the Honorable Michele Martinez, City Councilmember of Santa Ana, was recently featured in the Latino USA radio interview titled "Latinos and the Obesity Epidemic." Reporter Nova Safo visited the predominantly Latino city of Santa Ana, California to see how biology, economics and environment all contribute to the obesity problem. Click [here](#) for more details.

Evaluation Update

Introducing the New Strategy Level Evaluation Consultant Afsaneh Rahimian, Ph.D.



Afsaneh has over 15 years of experience in providing monitoring and evaluation capacity building to community based organizations to strengthen their programs. She will be working with Allen Cheadle and Ama Atiedu to help the Kaiser HEAL sites develop and implement site specific strategy level evaluations. Contact [Ama Atiedu](#) for more information.

Virtual Brown Bag Learning Series

Working with Schools in Challenging Times: Ideas for Motivating School Stakeholders to Implement Physical Activity Programs at Schools

September 27, 2012 | 12:00 Noon - 1:30 PM

Grab your lunch and join us! Several school districts in the Southern California HEAL Zones are working with school staff, administrators and nonprofit groups to design physical activity programs in the schools. Our discussion this month will focus on what more needs to happen to ensure physical activity programs are implemented during these challenging

times when test scores and budgets are at the forefront of concern for teachers and administrators. Two active members of our Southern California HEAL Zone initiative, Vice Principal Marco Tolj from Hollywood High School and partners from Anaheim 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 (VBB) is a monthly web convening aimed at generating discussion and peer learning by Southern California HEAL Zone grantees. The VBB 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 September 27 Virtual Brown Bag.

HEAL Site Highlights



Long Beach Youth Present at Leadership Committee



Long Beach and Hollywood High School youth participated in the California Center for Civic Participation regional training on July 30th and 31st. The Long Beach youth developed an Action Plan which they presented at the Coalition for Healthy North Long Beach meeting on August 15th, pictured above. All sites are welcomed to recruit youth for this training opportunity. Connect with [Stacy Kruse](#) and register your youth for the upcoming trainings held in Ontario and Riverside.



Pastor Mark W. Stapleton Running the Streets of Lemon Grove



Pastor Mark has taken up the HEAL Zone mission and is running with it - literally! He will be attempting to run each and every street within the City of Lemon Grove and documenting the experience on his blog "[Running the Streets of Lemon Grove](#)." The first run, from August 27th, is pictured above. Mark and his family work, live, and play in Lemon Grove. He is a member of the Kaiser HEAL

Initiative steering committee and represents the faith domain.

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

Upcoming Events



The School Day Just Got Healthier

Every Tuesday until October 23, 2012 | 12:00 Noon

This school year, there will be great, healthy changes to school meals, and the USDA wants to make sure parents, students, and schools are ready for those changes. Join the webinar to learn about these changes, the products and tools available for different stakeholders, and what you and your organization can do to help make the school day healthier! Click [here](#) for more details.



Engaging Policymakers: How Site Visits and Events Can Inspire Policy Change to Support Your Program

Thursday, September 6, 2012 | 11:00 AM - 12:00 PM

It is critical that we create as many policymaker champions for Safe Routes to School as we can! Getting policymakers out to promotional events, site visits, and other "Show Me" events can be critical for future policies and funding to help your program sustain and grow. Learn how to put on a great event, why it is important to get policymakers involved, and how you can use your local or state Safe Routes to School program promotion to inspire policy change and build Safe Routes to School into the fabric of your community. Click [here](#) for details.



Health in All Policies: Lessons Learned from California

Thursday, September 6, 2012 | 11:00 AM - 12:00 PM

The environments in which people live, work, study, and play impact health in significant and lasting ways. This web forum will provide an overview of the Health in All Policies approach and how this approach can help communities achieve public health and other important priorities. Click [here](#) for more details.



Healthy Food on Government Property

Thursday, September 6, 2012 | 12:00 PM - 12:30 PM

Establishing nutrition guidelines for foods purchased with public funds and served on government property or provided through government programs is emerging as a promising, low-cost approach for addressing nutrition and obesity. This webinar will discuss food procurement policies and explore how states and localities are addressing challenges and promoting the acceptance of healthier food guidelines. Click [here](#) for more details.



The Community Connection: School Travel Plans and Building Community Support

Tuesday, September 25, 2012 | 10:00 AM - 11:00 AM

School travel plans can provide a road map for schools to build successful walking and biking programs and also strengthen community support for Safe Routes to School. Join this webinar to learn about two different approaches to travel planning, starting at the school district level in Ohio contrasted with a small town approach in Vermont. Both cases demonstrate the value of engaging the larger community during the planning process. Click [here](#) for more details.



Plan Now: 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.



Plan Now: National Food Day 2012

Wednesday, October 24, 2012

Food Day is a nationwide celebration and movement that seeks to bring together Americans from all walks of life to bring visibility to the need for healthy, affordable food produced in a sustainable, humane way. The ultimate goal of Food Day is to strengthen and unify the food movement in order to improve our nation's food policies. Register your event by September 24 to receive program materials. Click [here](#) for more details.

Resources & Learning Opportunities



"Eat, Move, Live LA" Videos

Choose Health LA is an effort by the Los Angeles County Department of Public Health to build a healthier, more satisfying place to live, learn, work and play for all residents. The episodes on biking, exercise and physical education, gardening, Safe Routes to School, and complete streets are now available for viewing and sharing. Click [here](#) for more details.



CDC Vital Signs Issue: More People Walk to Better Health

The National Centers for Disease Control and Prevention released its August Vital Signs Issue - and the focus is on WALKING. The CDC calls everyone to be mindful of and to take action on this key message: "Better spaces and more places for walking can get people more active." Click [here](#) for more details.



Physical Activity & Education Reports: Accelerating School Activity Promotion

The California Endowment supported ASAP (Accelerating School Activity Promotion) to identify opportunities, effective strategies, and models for improving physical education (PE) and other physical activity programs in schools, with an emphasis on solutions for schools in disadvantaged communities. ASAP developed a series of publications to be used by diverse stakeholders to promote best practice and policy in school PE. Click [here](#) for more details.



SPARK Webinars: Staff Wellness -- YOUR Health Matters Too!

Webinar recordings are available to learn about "teacher specific" health issues as well as authentic and effective prevention strategies. Teachers who achieve work/life balance have more energy, sleep better, and serve as healthy lifestyle role models for their students. Click [here](#) for more details.



Waistlines of the World: The Effect of Information and Communications Technology on Obesity

Institute researchers establish a direct connection between spikes in technology adoption and subsequent increases in obesity rates. The primary causes were less physical activity at work and home and changes in eating patterns and portion size. The report recommends several solutions and points to a number of programs and policies that governments, corporations, and nonprofits around the world have pioneered to keep obesity in check. Click [here](#) for more details.



STAR Index Pilot Community Program

The STAR Community Index is the nation's first framework for evaluating, quantifying, and improving the livability and sustainability of U.S. communities. Focal areas in the Index include: compact and complete communities, housing, transportation choices, active living, community empowerment, food access and nutrition, environmental justice, human services, health systems capacity, safe communities, water, air quality, waste minimization, climate adaptation, education opportunities, and natural resources. Click [here](#) for more details.

Grant Opportunities



Healthy Breakfast 4 Kids Grant Program

Application Deadline: September 15, 2012

The Healthy Breakfast-4-Kids (HB4K) goal is to create and improve access to breakfast in schools nationwide as a means to lessen the huge negative impact of hungry children across the nation. In 2012 Food Family Farming Foundation and Walmart Foundation are partnering to grant 117 \$2500 equipment grants to high needs schools for the purpose of assisting in the successful establishment of universal breakfast in the classroom programs. Click [here](#) for more details.



Rite Aid Foundation

Application Deadline: October 1, 2012

The Rite Aid Foundation is a nonprofit foundation dedicated to helping people in the communities Rite Aid serves lead happier, healthier lives. Nonprofit organizations with 501(c)(3) status are eligible to apply for funding for programs that focus on health and wellness in the communities in which Rite Aid operates. Click [here](#) for more details.



Fuel Up to Play 60

Application Deadline: October 1, 2012

The competitive, nationwide funding program can help K-12 schools jumpstart and sustain healthy nutrition and physical activity improvements. Funds can be used to conduct in-school promotions focused on creating a healthier school and to implement Healthy Eating and Physical Activity Plays. Funds can also be used for professional development, nutrition education and physical education equipment & materials. Click [here](#) for more details.



2012 Healthy School Makeover Contest

Application Deadline: October 31, 2012

One lucky K-12 school will win a comprehensive Healthy School Makeover worth up to \$45,000.00! To enter please submit a short 3 minute video explaining why YOUR school needs a "healthy school makeover" and how you will commit to improving the healthy living of your students. Videos must be submitted by a school

teacher or administrator but can contain contributions from students and/or community members as well. Click [here](#) for details.

Policy Updates



the
School Day
just got
Healthier
United States Department of Agriculture

Healthy, Hunger-Free Kids Act of 2010: School Meals

Students can expect benefits from healthier and more nutritious food in school. Thanks to the Healthy, Hunger Free Kids Act, major improvements are being made across the country to transform school food and to promote better nutrition and reduce obesity. Learn more about the changes, take action within your schools and community, and get on board with this exciting time in school meals. Click [here](#) for more details.

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