

HEALing NEWSLETTER

June 2013

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Website



www.HealZones.org

Kaiser HEAL Youth Share their Community Story with Legislators in Sacramento



Wendy Siguenza is a sophomore at Hollywood High School and the incoming President for the F.A.M.E. (Fit, Active, Motivated and Empowered) Health Club. She traveled with her classmates to share their vision of a healthy, sustainable community with local representatives in Sacramento. They were joined by their peers from the Long Beach and Ontario HEAL Zone communities and worked side-by-side with youth from Oakland, Sacramento, Santa Ana, and Fresno to address transportation, land use, food access, and education disparities in their communities.

The Statewide Youth Advocate Network for Sustainable Communities (YANSC) conference is organized by the California Center for Civic Participation (CCCP) to empower youth to be vital participants in the decision-making processes at all levels. The three-day convening prepared the youth to present to elected officials at the State Capitol. "It was a really great experience and I learned a lot. It gave me courage and helped me understand that we [youth] can make a difference in our community," said Wendy. [Link to Full Story](#)

Save the Date

Southern California Kaiser HEAL Youth Convening
July 23, 2013
California Endowment, Los Angeles

Got youth? High school youth from all Southern California Kaiser HEAL communities are invited to participate, connect with their peers, and learn how to take action on the issues that matter most to them in their local communities!

For more information, contact Arpiné Shakhbandaryan at Community Partners at 213-346-3280.

Virtual Brown Bag



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

Thursday, June 27, 2013 | 1:00 - 2:30PM

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 June will focus on creative strategies for addressing these challenges to get both adults and youth outside, moving, and enjoying the outdoors. We invite city parks and recreation staff, youth, residents, police and safety officers, planners, and safe routes to school leads to join this discussion and share challenges and solutions for making life better with parks.

Prior to the VBB, please review the UCLA Healthy Policy Brief, *Physical Activity, Park Access, and Park Use among California Adolescents* ([Link](#)).

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



East Riverside Youth: Local Action Global Change

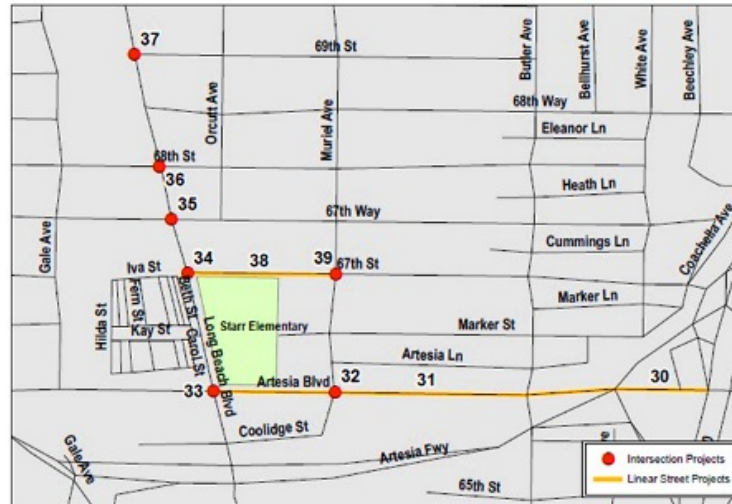


The Child Leader Project (CLP) in Riverside is leading eastside Riverside HEAL Zone youth to go local and global on health issues. Samantha Wilson, CLP's Director, arranged a weekend trip for the youth to learn about food justice programs in Oakland, CA. Their visit with Planting Justice gave them first hand experience on youth-led organizing on food accessibility and sustainable business models for employing low income youth in food justice work. They toured Oakland's community and backyard gardens planted and designed by youth in Planting Justice. CLP youth and young adults also have opportunities to connect with their international peers through creative collaboration, leadership, conflict resolution, and community organizing.

For more information on the Child Leader Project and how they are engaging youth in eastside Riverside HEAL Zone, contact [Samantha Wilson](#).



North Long Beach, West Ventura, and Antelope Valley Creating Safe Routes to School



HEAL Zone partners and residents are walking in their neighborhoods with clip boards and cameras. Why, you may ask? To survey the conditions of their neighborhood streets to ensure children have safe walkways to school. The Safe Routes to School National Partnership is collaborating with the City of Long Beach Department of Public Health and Ventura Department of Public Health to engage the community in walkability assessments. The resident findings will help decision makers prioritize community capital improvement projects in the Zones.

North Long Beach HEAL Zone's walking club residents conducted a walking audit of Star King Elementary School and the surrounding neighborhood. West Ventura HEAL Zone residents completed a walkability assessment at the newly inquired Kellogg Park and the DeAnza Academy of Arts & Technology. For details in North Long Beach, view the report ([Link](#)) or contact [Shawna Stevens](#). For details in West Ventura, view the report ([Link](#)) or contact [Letty Alvarez](#).

Antelope Valley Partners for Health is working with school and community champions to pilot Walking School Bus programs in the HEAL site schools. If you would like to begin planning for a similar program in the upcoming school year and would like more information on the process in Lancaster, contact [Jean Varden](#).

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

Upcoming Events



\$1 Billion Innovation Awards: Opportunities for Advancing Community Prevention and Population Health

June 14, 2013 | 11:30 AM - 1:00 PM

Prevention Institute, Public Health Institute and Trust for America's Health will co-host a Dialogue4Health Webinar to provide information on a dynamic new funding opportunity offered by the Center for Medicare and Medicaid Innovation (CMMI). [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 this year. The conference will showcase the latest research, evidence-based best practices, and policy/environmental change strategies. [Details](#)

Representatives from each Kaiser Permanente (KP) HEAL collaborative have been invited to attend a special pre-conference session on June 17th. The purpose of the KP grantee and partner session is to develop relationships between KP community partners across the nation, share experiences, and cultivate peer support to advance progress on healthy eating active living outcomes.



Sustaining Your Coalition

June 19, 2013 | 11:00 AM - 12:30 PM

Engaged community coalitions can be a critical driver for community health and chronic disease prevention efforts. This webinar will provide participants with strategies and tools for successfully engaging and sustaining community coalitions and partnerships. The objectives of the webinar are to:

- Identify at least three strategies to avoid coalition burnout.
- Engage critical stakeholders in re-evaluating and addressing the coalition's goals and mission.
- Describe successful methods being used to assess coalition effectiveness. [Details](#)



The Role of Parents in Promoting Healthy School Environments

June 19, 2013 | 9:00 - 10:00 AM

Parents can play a significant role in supporting their children's health and ability to learn. Yet schools often struggle to make a positive connection with parents and fail to create opportunities for sustained parent engagement. Successful parent engagement programs establish effective relationships between school personnel and parents that reinforce children's health and learning and cut across multiple settings—at home, in school, and in the community. Join the discussion to hear from a community partner, a school district, and a school principal about the different strategies for engaging parents in school health. [Details](#)

A Youth Centered Approach to Improving Wellness at Hollywood High School

June 20, 2013 | Long Beach, CA

Ryan Woodson from Hollywood High School Healthy School Partnership will be co-hosting a roundtable discussion and poster presentation at the Childhood Obesity Conference! The session will include a discuss on best practices for engaging high school youth in the development and implementation of sustainable strategies that expand access to healthy eating and active living opportunities within and beyond the school setting. [Details](#)

Healthy Food Financing: From Advocacy to Implementation

June 20, 2013 | 11:00 AM - 12:00 PM

This webinar will offer a roadmap for how to successfully advocate for initiatives that improve access to healthy food through the development of healthy food retail. The discussion will provide an overview of how healthy food financing initiatives are administered by government agencies, community development financial institutions, and food access organizations. [Details](#)



Maximizing City Involvement in Safe Routes to School: Educating Municipal Transportation Departments

June 20, 2013 | 11:00 AM - 12:00 PM

Safe Routes to School practitioners work with transportation departments to affect long and short-term planning and ensuring that the vision for future transportation improvements includes opportunities for safe and accessible connections to schools via walking and bicycling. Join this webinar to hear from staff from municipal transportation departments that prioritize walking and bicycling in a number of ways. [Details](#)



Parent Empowerment: An Effective Strategy for Improving School Food and Fitness

June 25, 2013 | 9:00 - 10:00 AM

Healthy Schools Campaign empowers parents to successfully advocated for district policies related to school food, recess, physical education, nutrition education and district accountability and transparency. These parents have created wellness teams in 55 schools, 25 of which have received recognition from the USDA's HealthierUS School Challenge (HSC). Join this webinar to learn about HSC's parent empowerment program and hear first-hand from parents on their work to improve school food and fitness.

[Details](#)



Creating Positive Change with Temporary Infrastructure Improvements

June 27, 2013 | 10:00 - 11:00 AM

Lack of sidewalks and pedestrian-friendly crossings are challenges on the walk to school. Infrastructure improvements can make a powerful difference in safety and overall appeal for walking, but construction projects can be expensive and can take a long time from funding to design, permitting, and completion. Temporary infrastructure improvements can bridge the gap from identified need to completed construction. Join this webinar to learn from success stories and tips for trying temporary engineering solutions in your community. [Details](#)

Food Access and Economic Impacts: Trends and New Research

June 27, 2013 | 11:00 AM - 12:00 PM

Studies have shown that healthy food retail improves the economic health and well-being of communities, and can help to revitalize struggling business districts by supplying local jobs; creating foot traffic; and attracting complementary stores and services like banks, pharmacies, and restaurants. Healthy food retail can also increase or stabilize home values in nearby neighborhoods, generate local tax revenues, and promote additional spending in the local economy. Join this webinar to explore how new healthy food retail provides jobs and other positive economic impacts to surrounding communities. [Details](#)



Partnership for Healthier Corner Stores

July 2, 2013 | 11:00 AM - 12:00 PM

Public health advocates specializing in nutrition, tobacco control, and alcohol control have each developed strategies to increase access to healthy foods in stores and decrease access to less healthy foods and substances - but generally these efforts have been uncoordinated. This webinar will present strategies for leveraging the expertise in these fields to develop a comprehensive approach to creating healthy corner stores, with examples of communities that are successfully breaking down these silos.

[Details](#)



Healthy Food Business & Leadership Training

August 3, 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](#)

Resources & Learning Opportunities



Active8: An 8-Step Guide for Youth Providers

Use this guide to engage youth through opportunities for physical activity that are enjoyable, meets their needs and involve and encourages participation of all, including peers, staff, administrators, parents, and community members. The guide incorporates physical activities and positive physical activity culture through policy. [Details](#)



10 Best Complete Streets Policies in the Country

Complete Streets policies formalize a community's intent to plan, design, operate, and maintain streets so they are safe for all users of all ages and abilities. Policies direct decision-makers to consistently fund, plan, design, and construct community streets to accommodate all anticipated users, including pedestrians, bicyclists, public transit users, motorists and freight vehicles. The Best Complete Streets Policies of 2012, highlights some of the best. [Details](#)



California Endowment Partners to Provide Loans to California Community Health Centers

The California Endowment (TCE), in partnership with NCB Capital Impact and Community Health Center Capital Fund, has announced they will provide \$11.1 million in low-cost loans to invest in California's community health centers. In addition to organizational strength and stability, geographic diversity, and innovative approaches to health and wellness, organizations looking to expand their capacity and services to lower-income communities were considered for awards. [Details](#)



Free Summer Meals Available to Children in Low-Income Communities

Organizations and local governments across the country serve free summer meals through the USDA Summer Food Service Program (SFSP) at sites like parks, recreation centers, schools, places of worship, summer camps, libraries, and mobile buses in low-income communities. A lot of families in low-income areas still do not know about the free, nutritious summer meals available to their children 18 years old and younger. Help spread the word about summer meals so that no child goes hungry this summer when school is out. [Details](#)

Grant Opportunities



Centers for Medicare & Medicaid Services (CMS) Health Care Innovation Awards

Letters of Intent Deadline: June 28, 2013

Application Deadline: August 15, 2013

Award Amount: Various

Under this announcement, CMS will support projects from across the country that test new payment and service delivery models that will deliver better care and lower costs for Medicare, Medicaid, and Children's Health Insurance Program (CHIP) enrollees. [Details](#)



KaBOOM!

Application Deadline: Ongoing

Award Amount: Various

One of the biggest challenges facing any community-built playground project is fundraising. KaBOOM! offers communities occasional grant opportunities to begin or complete playspace projects. [Details](#)



Finish Line Youth Foundation

Application Deadline: Ongoing

Award Amount: \$5,000

The foundation focuses on providing grants to organizations that offer opportunities for youth participation in youth athletic programs and camps. [Details](#)



Salad Bar Grants and Resources

Deadline: Ongoing

Let's Move Salad Bars provides grants and resources to fund salad bars and help every child have a choice of healthy fruits and vegetables every day at school. [Details](#)



Share Our Strength Grants

Deadline: Ongoing

Share Our Strength awards grants to schools involved in increasing access to summer meal programs supported through the Summer Food Service Program or the National School Lunch "Seamless Summer" Program. Funding can support the availability of school breakfast through alternative models such as "in-classroom" breakfast and "grab-n-go" breakfasts; access to afterschool snack and meal programs; and advocacy around any of the above anti-hunger issues. [Details](#)

Policy Updates



U.S. Senate Passes the Farm Bill

The Farm Bill ensures that farmers and ranchers have the tools they need to produce an abundant and affordable food and fiber supply. The U.S. Senate passed the bill with a 66 to 27 vote. The bill will now go to the House of Representatives. [Details](#)

Active Transportation Program (ATP) and AB-1194

Several state legislative and budget actions have kept the Safe Routes to School National Partnership and statewide partners in California very busy this spring:

1. The proposed Active Transportation Program in the state budget might result in consolidation of Safe Routes to School into a larger program.
2. Assembly bill 1194 protects Safe Routes to School from consolidation and creates one streamlined state program out of previously separate state and federal programs.
3. Cap-and-trade revenue in the budget could flow to walking and bicycling projects if the legislature opts to allocate a portion of the first year's auction proceeds. [Details](#)

AB 290 (Alejo)

California's licensing laws do not require providers to undergo any nutrition training. Yet research indicates child care provider training has the greatest impact on the quality of child care programs. AB 290 would amend child care licensing laws to increase the required hours of preventive health and safety training to include one hour on the importance of childhood nutrition and the resources of CACFP. [Details](#)

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Wendy Siguenza is a sophomore at Hollywood High School and the incoming President for the F.A.M.E. (Fit, Active, Motivated and Empowered) Health Club. She traveled with her classmates Dulce, Yemi and Kimberly to share their vision of a healthy, sustainable community with local representatives in Sacramento.

They were joined by their peers from the Long Beach and Ontario HEAL Zone communities and worked side-by-side with youth from Oakland, Sacramento, Santa Ana, and Fresno to address transportation, land use, food access, and education disparities in their communities.

The Statewide Youth Advocate Network for Sustainable Communities (YANSC) conference is organized by the California Center for Civic Participation (CCCCP) to empower youth to be vital participants in the decision-making processes at all levels.

The three-day convening prepared the youth to present to elected officials at the State Capitol through interviews with expert policymakers, statewide advocates, and visioning exercising. "It was a really great experience and I learned a lot. It gave me courage and helped me understand that we [youth] can make a difference in our community," said Wendy.

The youth were accompanied by their adult coordinators and are grateful to have such

supportive mentors to guide them in their work at the local level.

Following their presentation to policymakers, all participants had the opportunity for face-to-face meetings with their local representatives to offer their perspectives on the challenges, strengths, and opportunities in their communities to improve access to healthy foods and beverages and opportunities for physical activity.

Assemblymember Richard Bloom met with the students from Hollywood High School and Senator Ricardo Lara met with the youth from Long Beach.

As a former teacher of 25 years, meeting Ontario High School students Carla and Lynh, was an especially exciting moment for Assemblymember Jose Medina. He attentively listened to their concerns on park safety and its effect on walkability and physical activity.

Following their meeting, the Assemblymember invited Carla and Lynh to a web conference with youth from Riverside. When asked how education and opportunities for sports can be improved, the Assemblymember echoed the CCCP mission for the youth to be active participants in the decision making process, participate in school board meetings, and share their concerns with him at his local office.

The youth are now tasked to recruit their peers and meet locally to work on healthy eating and active living issues in their HEAL Zone communities.

A follow up regional convening will be held in Los Angeles on Tuesday, July 23rd. High School youth from all Southern California Kaiser HEAL communities are invited to participate, connect with their peers, and learn how to take action on the issues that matter most to them in their local communities. For more information, contact Arpiné Shakhbandaryan at Community Partners at 213-346-3280.

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.

Judy Harper, Senior Program Director
Direct: (213) 346-3215
jharper@CommunityPartners.org

Arpiné Shakhbandaryan, Senior Program Associate
Direct: (213) 346-3280
ashakhbandaryan@CommunityPartners.org

Joanna Galeas, Senior Program Assistant
Direct: (213) 346-3246
jgaleas@CommunityPartners.org

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