



SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future

www.OurCommunityOurKids.org



The San Diego County Childhood Obesity Initiative actively seeks newsletter content from its partners, including resources, events, news, legislative updates, and funding opportunities related to childhood obesity prevention and reduction. Individuals and organizations may submit content for inclusion in the newsletter to the editor by [e-mail](#) or phone at 858.609.7964.

UPCOMING MEETINGS

IN THE NEWS

- Upcoming Meetings
- Domain Update
- Resources
- Announcements
- Events/Conferences
- Grants
- Local News
- National News

Domain 1: Government

TBA (see [calendar](#))

Domain 2: Healthcare

TBA (see [calendar](#))

Domain 3: Schools and After-school

Tuesday, November 19, 11:00 a.m. - 12:30 p.m.

TBA (see [calendar](#))

Domain 4: Early Childhood

Tuesday, October 22, 10:00 - 11:30 a.m.

YMCA Childcare Resource Service

3333 Camino del Rio South #400, San Diego CA 92108

Domain 5: Community

TBA (see [calendar](#))

Domain 6: Media

Wednesday, November 6, 10:00 a.m. - 11:00 a.m.

CHIP Office

5095 Murphy Canyon Road, Suite 105; San Diego, CA 92123

Domain 7: Business

TBA (see [calendar](#))

DOMAIN UPDATE

Early Childhood

The Early Childhood Domain is comprised of childcare and preschool providers and stakeholders committed to the prevention and reduction of obesity among children ages 0-5. Over the last several months, the domain has continued its efforts to implement wellness policies in early childcare settings, expand farm-to-preschool programs across the county, and start gardens at area preschools.

The domain is also continuing to track legislation that would require childcare providers to undergo training related to nutrition and physical activity, as none is currently required to receive a childcare facility license. California state Assembly Bill 290, currently awaiting Governor Brown's signature or veto, would amend childcare licensing laws to increase the required hours of preventive health and safety training to include one hour on the importance of childhood nutrition.

In support of the COI's new overarching strategies to increase safe routes to healthy places and reduce access to and consumption of sugar-sweetened beverages, the domain will be distributing relevant resources to early childhood partners and investigating whether existing trainings for providers address these important topics.

Recent news on obesity rates among young children has been positive. The Early Childhood Domain has been heartened by [recent reports](#) that show California and 17 other states saw a reduction in obesity rates among low-income preschoolers from 2008 to 2011. [USDA research finds](#) that these reductions are due to healthy changes to the WIC food package as well as state and local efforts to increase physical activity and nutrition standards in early childhood education settings, where young children spend large portions of their time.

Domain partners work together to expand and enhance early childcare programming around healthy eating and physical activity. To learn more or investigate partnerships, please contact us by [e-mail](#) or at (858) 609-7964.

RESOURCES

211 San Diego: Nutrition, Healthy Weight, Physical Activity, and Diabetes Resource

The San Diego County Childhood Obesity Initiative, Rady Children's Hospital San Diego, The American Academy of Pediatrics, San Diego Diabetes Coalition, Champions for Change/Network for a Healthy California, and Community Health Improvement Partners have joined with 211 San Diego, a 24/7 multilingual phone service and searchable online health and human service database, to create a comprehensive obesity and diabetes information and referral database. This resource provides San Diego County residents, healthcare providers and social services agencies a FREE "one stop shop" for programs and services in nutrition, healthy weight, physical activity, and diabetes. These free resources can be accessed via phone by dialing "2-1-1" or clicking on the green apple icon above.



**Physical Activity
& Nutrition**

Using Collective Impact in a Public Health Context

In a new four-blog series, FSG discusses how a collective impact approach can address complex public health issues such as childhood obesity, and introduces seven initiatives, including the San Diego County Childhood Obesity Initiative, that are successfully implementing these strategies. [More...](#)

Health in All Policies: A Guide for State and Local Governments

This guide was created by the American Public Health Association, California Department of Public Health, and the Public Health Institute in response to growing interest in using collaborative



approaches to improve population health by embedding health considerations into decision-making processes across a broad array of sectors. The guide draws heavily on the experiences of the California Health in All Policies Task Force and incorporates information from the published and gray literature and interviews with people across the country. [More...](#)

Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle Friendly Communities

This guide from ChangeLab Solutions provides a roadmap to making all types of communities bicycle friendly. More and more people are getting around by bicycle, but there is still tremendous room for growth in the numbers of people who bicycle. One of the most powerful ways to increase the amount of bicycle travel is the adoption of bicycle friendly laws and policies. Policies can remove obstacles to bicycling, create incentives for bicycling infrastructure, and make it easier and safer to bicycle. This guide helps policymakers figure out where to start, and spells out how to effectively use policy to promote bicycling. [More...](#)

Federal Food Package Revisions: Effects on Purchases of Whole-Grain Products

This paper published in the American Journal of Preventive Medicine shows that the changes to the WIC food package have had the intended effect of increasing WIC participants' purchases of brown rice and whole grain bread. [More...](#)

Videos Exposing Weight Bias

The Yale Rudd Center for Food Policy and Obesity offers three videos exposing weight bias at home, school, and in healthcare. Research published in Obesity Facts and Family Medicine demonstrates the effectiveness of the healthcare video in reducing negative attitudes and weight bias among trainees in health-related disciplines. Specifically, researchers tested the freely available video as an educational intervention to reduce bias toward patients with obesity. Researchers found that viewing the video and engaging in a discussion increased beliefs that obesity is caused by multiple factors (and is not simply under personal control) and decreased negative stereotypes about patients with obesity. [More...](#)

Active Design: Guide for Community Groups

This publication by the NYC Department of Health describes how active design can promote routine physical activity, such as playing, walking, and bicycling, and how active design can promote other areas of physical and mental health and contribute to social and economic vitality and environmental sustainability. In this guide, you'll find programs and resources for incorporating active design into neighborhoods, streets, and buildings, and detailed information about planning and implementing an active design project. [More...](#)

Slow Food USA's School Garden Guide

This school garden guide provides garden coordinators with valuable information about designing and building a school garden, recruiting and managing volunteers, raising funds, leveraging garden experiences in the classroom, marketing, undertaking special projects, advancing policy, and evaluating the garden's impact on students. [More...](#)

HBO Weight of the Nation

Obesity is a problem all segments of our community must address. As a proud sponsor of this documentary, Kaiser Permanente's hope is that these films will prompt meaningful discussions and catalyze individuals, groups and communities to act. Looking for ways to take steps NOW for yourself, your family and/or your community? Here are a few ideas:

- SPREAD THE WORD: Pledge for Progress to confront the obesity epidemic. [Like The Weight of the Nation™ on Facebook.](#)
- HOST A SCREENING: [Get the free DVD screening kit and discussion guides.](#) To help employers, faith-based organizations, schools and others take action, check out the [Get Engaged information](#) that provides easy-to-use tools to support your efforts and stimulate change in your community.
- GET MOVING. GET INVOLVED. SIGN UP for the [Every Body Walk!](#) program and add more activity to your day:

[Click here for more information on HBO Weight of the Nation.](#)

ANNOUNCEMENTS

Join the San Carlos Community Garden Leadership Team

Are you interested in playing a role in the development of the San Carlos Community Garden? The Garden Leadership Team is made up by volunteers who aim to serve the community by managing and developing the San Carlos Community Garden. The Leadership Team focuses on several key areas defined as: Construction; Resource & Development; Communications; and Education. The Garden Leadership Team is looking for new members to participate and help lead the garden to be prosperous and sustainable. Contact the group by [e-mail](#) to learn more.

Dept. of the Navy Hiring Regional USDA Child & Adult Care Food Program Clerk

The Department of the Navy is seeking a CACFP Clerk to work at the Naval Base San Diego. The person hired for this position will implement and ensure timely operation and record keeping of the USDA CACFP in child development centers, school age care, and participating child development homes in the metro area. [More...](#)

EVENTS/CONFERENCES

Crew Rendezvous

October 23, 2013 | San Diego, CA

Community Health Improvement Partners cordially invites you to its third annual fundraising event, Crew Rendezvous, on October 23rd at the Bahia Resort Hotel. Crew Rendezvous celebrates individuals and organizations that go above and beyond to contribute in meaningful ways to a healthier San Diego. The event will include cocktails, dinner, awards, and a raffle to benefit CHIP's work to assess and address priority health needs through collaboration. For sponsorship information, contact [Emilie Dang](#). [More...](#)

CA Dept. of Education, Nutrition Services Division Ambassador Leadership Conference

October 28, 2013 | San Marcos, CA

Join the CA Department of Education, Nutrition Services Division for the October Ambassador Leadership Conferences presented by 16 child nutrition directors and school chefs. Activities and topics covered will include:

- School chef demonstrations and tastings
- Sampling of new school breakfast and lunch menu items
- Marketing strategies to increase participation
- New breakfast solutions
- Successful community collaborative efforts
- Recipe and menu planning

The program will run from 8:00 a.m. to 3:00 p.m. Please direct additional questions to the CA Healthy Kids Resource Center via [e-mail](#). [More...](#)

How to Create a Healthier School Food Culture

October 29, 2013 | Online

The school food culture goes far beyond the cafeteria. Children need to learn how to make healthy choices from the minute they walk in the school's front door to the minute they leave at the end of the school day – and beyond. This webinar will cover the benefits of a healthy school food culture and provide project ideas and resources for healthy fundraisers, healthy celebrations and family events, healthy snacks, non-food rewards, nutrition education and promotion, and concessions and competitive foods (vending, school stores, and a la carte). [More...](#)

APHA Annual Meeting & Exposition

November 2 -6, 2013 | Boston, MA

The APHA Annual Meeting & Exposition attracts more than 13,000 national and international physicians, administrators, nurses, educators, researchers, epidemiologists, and related health specialists. APHA's meeting program addresses current and emerging health science, policy, and

practice issues in an effort to prevent disease and promote health. [More...](#)

GRANTS

2014 Youth Gardens Grants

Deadline for Applications: December 6, 2013

The National Gardening Association, Bonnie Plants, Ames, and High Mowing Organic Seeds will sponsor 20 grants of \$500 each to support school and community gardens. These grants help schools and community organizations build and expand youth-centered garden programs. They must involve teams of children between the ages of 3 and 18. The garden program must be charitable or educational in nature. Priority will be given to programs that emphasize integration of content standards, nutrition connections, environmental awareness, entrepreneurship, and community support. Each winning program will also receive a tool package from Ames, plant starts from Bonnie Plants, and seed donation from High Mowing Seeds. [More...](#)

Whole Kids Foundation Garden Grant

Deadline for Applications: October 31, 2013

The School Garden Grant Program is a collaboration between Whole Kids Foundation and FoodCorps. Teaching kids to garden helps them learn about complex topics like sustainability and conservation, food systems, and community awareness. To be eligible for the \$2,000 School Garden Grant, an applicant must be a non-profit K-12 school (public, private, or charter – elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. For more information, contact the Whole Kids Foundation via [e-mail](#).

Walmart Foundation

Deadline for Applications: Rolling (national), March 31, 2013 (state), and December 1, 2013 (local)

The Walmart Foundation focuses funding in four areas: 1) hunger relief and healthy eating (including programs for childhood nutrition); 2) environmental sustainability to reduce waste and promote energy efficiency in communities; 3) women's economic empowerment; and 4) career opportunity (workforce development for workers with low to moderate skills). National and state/regional projects are eligible for the larger awards. [More...](#)

Safeway Foundation Education Grants

Deadline for applications: Rolling

The Safeway Foundation supports numerous youth development organizations as well as a broad range of after-school and physical education programs. Local grants are reviewed biannually. [More...](#)

LEGISLATIVE UPDATE

[Click here](#) for a comprehensive update on obesity prevention-related legislation.

For more information, please contact COI Manager, [Melanie Nally](#).

LOCAL NEWS

[Program Cuts Child Obesity in San Diego](#)

[Childhood Obesity Initiative Addresses Daunting Problem](#)

[California Renews Commitment to Safe Routes to School](#)

[Sprawl Is Still Sprawl, Even If It's 'Green'](#)

[No Hunger for Heroes Law Addresses Veterans' Needs](#)

[Study: Kids in L.A. County Drinking Fewer Sugary Drinks](#)

[Public Health Dept., Restaurants Team Up to Healthier Dining](#)

NATIONAL NEWS

[First Lady Urges Marketing of Healthy Food to Kids](#)

[Fast Food Television Ads Use Toys, Movies to Target Kids](#)

[White House: Drink More Water](#)

[WIC Changes May Have Helped Trim Obesity Among Preschoolers](#)

[How to Bring Farmers Markets to the Urban Poor](#)

[House Republicans Pass Deep Cuts in Food Stamps](#)

[Some Critical Farm Bill Programs Come to a Screeching Halt in 10 Days](#)

[Dems Launch Food Labeling Overhaul](#)

[New Signs of Improvement in the Youth Obesity Epidemic?](#)

[Fast Food: Students Struggle with Healthy Options in Short Lunch Periods](#)

[Why You Should Support School Breakfast, Even If Your Kids Eat at Home](#)

[Calling Obesity A Disease May Make It Easier to Get Help](#)

Disclaimer: The Initiative provides the monthly newsletter solely as a service to its partners to support domain activities and promote other related nutrition and physical activity programs and policy/environmental changes in San Diego County. The newsletter is for educational purposes only and does not constitute an endorsement of any product, resource, legislation, or intellectual content included in the newsletter outside of specified Initiative domain workgroup activities or official partnership statements approved by the Initiative's leadership council.

The San Diego County Childhood Obesity Initiative (Initiative) is a public/private partnership whose mission is to reduce and prevent childhood obesity in San Diego County by creating healthy environments for all children and families through advocacy, education, policy development, and environmental change. The Initiative oversees implementation of the San Diego County Childhood Obesity Action Plan, a comprehensive plan to end childhood obesity in San Diego County. The purpose of the Initiative is to create, support and mobilize partnerships among multiple domains; provide leadership and vision; and coordinate countywide efforts to prevent and reduce childhood obesity. The Initiative has established active workgroups in multiple domains, i.e. community sectors, including Government, Healthcare, Schools & After-school, Early Childhood, Community, Media, and Business to act as a forum for the development, replication, and leverage of best practices and resources.

San Diego County Childhood Obesity Initiative

[Cheryl Moder](#) : Senior Director, Collective Impact | 858.609.7961

[JuliAnna Arnett](#) : Senior Manager, Operations & Food Systems | 858.609.7962

[Melanie Briones](#) : Senior Manager, Lemon Grove HEAL Zone | 858.609.7976

[Melanie Nally](#) : Manager | 858.609.7963

[Marie Lawrence](#) : Coordinator | 858.609.7964

****WE HAVE MOVED****

5095 Murphy Canyon Road, Suite 105; San Diego, CA 92123

Core funding provided in part by:



Facilitated by:



This email was sent to catherine.marie.lawrence@gmail.com. To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

