



# COMMUNITY DOMAIN

## ABOUT THE COMMUNITY DOMAIN

Place matters and the environments in which we live, work, learn, play, and worship impact our health outcomes. Community-based organizations and community residents play an important role in obesity prevention by establishing and implementing policies and creating environments that foster healthy eating and active living. Community domain stakeholders include community residents, youth-serving organizations, faith institutions and religious groups, community advocacy organizations, service organizations, neighborhood groups, public health agencies, academic institutions, and non-profit organizations.

## ABOUT THE COI COMMUNITY WORKGROUP

The COI Community Workgroup is comprised of agencies, organizations, and individuals who support healthy eating and active living for children and families. Partners participating in the COI Community Workgroup conduct the following activities to support the stated strategies:

- Engage community, faith, youth, grassroots, and other organizations to support and advocate for health-promoting policies and neighborhood environments.
- Provide resources, technical assistance, and support to community organizations and residents.
- Advocate for healthy policies and environments in community settings.

Workgroup meetings are held regularly on dates and times determined at the previous meeting. For information on attending these meetings, please contact the San Diego County Childhood Obesity Initiative at 858.609.7964 or [email](#).

Visit the San Diego County Childhood Obesity Initiative [Calendar](#) for a complete schedule of upcoming meetings.

## DOMAIN CHAMPIONS

Katie Judd, County of San Diego Health & Human Services Agency  
Blanca Meléndrez, UC San Diego, Center for Community Health

## DOMAIN WORKGROUP STRATEGIES

The following is a partial list of strategies that community-based organizations and residents can take to prevent childhood obesity. A complete list of strategies can be located in the [Call to Action: Childhood Obesity Action Plan](#).

- Participate in training programs designed to enhance health advocacy and leadership skills (e.g., Resident Leadership Academy, CX3 [Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention], youth engagement programs, etc.).
- Increase understanding that a community's design, its access to healthful food, and its physical activity environments are directly linked to residents' health.
- Provide leadership and advocate for healthy environments in settings such as workplaces, schools, businesses, faith communities, government, and neighborhoods.

## DOMAIN ACCOMPLISHMENTS

- Investigated available assessment tools to measure past and present community engagement efforts in San Diego County.
- Developed a list of technical assistance needs that would benefit community engagement projects in addressing policy, systems, and environmental changes that would improve access to healthy food or safe access to physical activity opportunities.
- Developed and piloted a GIS mapping tool to be used in assessing the status of and creating a peer-to-peer network for ongoing community engagement efforts across San Diego County.

## OBESITY PREVENTION ACTIVITIES FOR CHILDREN AGES 0-5

- Training youth to conduct neighborhood assessments and advocate for healthier food and physical activity environments in their communities.
- Educating youth and adults on sugar-sweetened beverage policies that ultimately impact all age groups, including children aged 0-5.

**COI STAFF CONTACTS**

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