



SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future

www.OurCommunityOurKids.org



IN THE NEWS

The San Diego County Childhood Obesity Initiative (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

- Upcoming Meetings
- Domain Partner Highlight
- Domain Update
- Resources
- Legislative Update
- Announcements
- Events/Conferences
- Grants
- Farmers' Market Corner
- Local News
- National News

Unless otherwise noted, all San Diego County Childhood Obesity Initiative meetings are held at Community Health Improvement Partners (CHIP), located at 9370 Chesapeake Drive, Suite 220; San Diego, CA 92123.

Domain 1: Government

TBA (see [calendar](#))

Domain 2: Healthcare

Tuesday, April 3, 1 - 2:30 p.m.

CHIP Office

Domain 3: Schools and After-school

Tuesday, April 17, 11 a.m. - 12:30 p.m.

CHIP Office

Domain 4: Early Childhood

Tuesday, April 24, 10 - 11:30 a.m.

YMCA Childcare Resource Service, 4th Floor Executive Conference Room

3333 Camino Del Rio South, San Diego, CA 92108

Domain 5: Community

TBA (see [calendar](#))

Domain 6: Media

TBA (see [calendar](#))

Domain 7: Business

TBA (see [calendar](#))

[Subscribe](#) to our email list

DOMAIN PARTNER HIGHLIGHT

Government Domain

Tyra Myles
Watch Commander
East Mesa Juvenile Detention Facility

Some people are born to heal broken wings, to change lives. For such people, it is second nature to dedicate their life's work to lifting those that are in trouble, to bring them to a new level, and to show them where opportunities grow. Tyra Myles, Watch Commander at East Mesa Juvenile Detention Facility (EMJDF), is the perfect example of one of these people.

Tyra has been instrumental in the development and implementation of the horticultural therapy program, launched at EMJDF in October 2011 as part of the Healthy Works *School and Community Gardens* program. The horticultural therapy program is comprised of in-class lectures and outdoor lab classes, which promote the consumption of nourishing foods, build basic work habits, and teach students to grow vegetables in an urban setting. The horticulture class also doubles as a part of the San Diego County Regional Occupational Program (ROP) which allows the thirty individuals enrolled to obtain career and vocational training. This is offered to the Youthful Offender Unit, a group of boys aged 16 to 19 years of age.



Tyra has known from the very beginning of her career that she wanted to help people to rehabilitate and realize their potential for growth, despite intense challenges they've experienced in their lives. Tyra was passionate about finding a meaningful niche, and as a student at San Diego State, she recalls that she interviewed many counselors and explored all of her options working in the field of mental health. During the early years of her career, she worked in mental health as a recreational therapist for twelve years. She felt this path suited her well, but over time, became concerned with job growth opportunities. Her neighbor at the time was a probation officer, and encouraged Tyra to consider a job in probation. At first, she was reluctant; she hadn't previously considered that law enforcement could provide her with an opportunity to help people, but Tyra has been with probation department for fourteen years and at EMJDF for four years, doing just that. Since beginning her career as a probation officer, Tyra has almost always worked with the juvenile population, the age group she feels she can impact the most. In all of her positions, she tries to take her experience with rehabilitation and mental health and apply it to the growth and progress of these boys.

"If you treat these boys with respect, and show them that we have compassion in our hearts for them and display that there is a better way, it can ultimately be their choice to take better opportunities." Tyra reflected on her experiences working with the youth offender population. "Many of the boys are pretty sheltered. Many of them have never left their neighborhood or San Diego. Many of them have done and seen some horrible things. Many of them haven't experienced much success and don't know how to handle it."

When Tyra (or "Myles" as the boys call her) told the unit that they'd be offered the opportunity to garden, they were anxious to get started. Tyra explains that these boys spend a lot of time indoors and in learning situations where there is a lot of talking or paperwork. Horticultural Therapy is more tactile and experiential, which she recognizes as key to the boys' rehabilitation.

"I believe anyone can make a change in their lives if they want to, be they 14 or 40. Not

all of the boys will become gardeners or farmers, but the program has opened doors to so many opportunities to make positive choices in their lives.”

Sharing “salad days” with the boys has been one of her favorite components of the program; this is when the boys harvest the garden-grown lettuce and other vegetables and produce a huge, colorful and robust salad to eat during lunch. She never imagined that these grown boys would come back for seconds and thirds of salad, but they do!

The project has been a learning experience not only for the youth offender unit, but for her, too. She said that the garden education has opened her eyes to the important role healthy foods play in both physical and mental health. She has also been inspired by the support that has come from the community; the boys have had an opportunity to hear about career opportunities from role models such as Executive Chef Alex Carballo of Stone Brewing Company and International Rescue Committee representative Claude Payton, who spoke to the boys about business opportunities available through farming.

As Watch Commander, Tyra is in charge of pretty much everything that goes on at the facility; during her 12 hour shifts, there is a lot of problem-solving that needs to take place throughout the course of the day. She says that people often tell her that she must be a strong person to be in her line of work, but it comes naturally to her.

“We’re all acclimated for different things; we all have our purpose and our way to serve,” she said.

Tyra Myles was born and raised in San Diego, a place she loves to call home. Despite a demanding job, Tyra is a light-hearted lover of life, with endless curiosity. She loves trying new things and doing things she’s never done before. Later this year, she will be going to Hawaii on a “Milestone” family vacation to celebrate some milestone birthdays in her family: her 50th birthday, her son’s 21st birthday, and her daughter’s 16th birthday.

In her free time, Tyra enjoys playing tennis, walking her dog, doing yoga, and spending time with family and friends. She also likes to read, and always has a stack of books on her bedside table.



DOMAIN UPDATE

Business Domain

Businesses are an important ally in childhood obesity prevention, and the Childhood Obesity Initiative's Business domain activities taking place throughout the county show the variety of ways that local San Diego County businesses can impact good health and wellness within the communities they serve.

The [Cilantro to Stores Program](#) officially launched in December 2011 in partnership with four corner stores in Chula Vista. These corner stores are often the access points where families shop for food and where children come to buy snacks. The Business Domain has been working closely with these four stores and Chula Vista partners to ensure that there are fresh shipments of locally-grown produce in the store weekly. The presence of healthier foods in these corner stores is the first step to improving access to affordable healthy foods and encouraging parents to provide nutritious foods to their children. The Cilantro to Stores program was organized and implemented through Healthy Works and the City of Chula Vista and will be sustained by the City of Chula Vista and the San Diego County Childhood Obesity Initiative.

The Business Domain has also recently been involved with the East Mesa Juvenile Detention Facility horticultural therapy program which is a Regional Occupational Program (ROP) accreditation gardening program. The course teaches juvenile offenders with gardening

training as well as mentorship from local business leaders. Recently Alex Carballo, the executive chef at Stone Brewing Company, did a cooking demonstration at the facility. During the demonstration, Chef Carballo talked about how he became a successful chef and answered the boys' questions about the variety of career opportunities the restaurant industry. This interaction was helpful to the juvenile offenders, many of whom are getting ready to transition into the workplace outside of East Mesa; one detainee even approached Chef Carballo after his presentation and asked for a job!

Another thriving activity of the Business domain is the [Halloween Candy Buy Back \(CBB\) program](#), a collaborative effort among local health agencies and other community members to address the issue of childhood obesity and dental health among our local children. During the Candy Buy Back Program, children bring in their surplus unopened candy into participating dental and pediatric offices. The offices will give the kids \$1 for each pound of candy brought in during the days following Halloween/Harvest Celebrations. Participating shipping stores will ship the candy "at cost" to Operation Gratitude who ships the candy to our US troops. Since its first local undertaking in Fall 2009, program partners have included Healthy Kids Choice, Inc, The San Diego Dental Society, The San Diego County Childhood Obesity Initiative, and Palomar Pomerado Health - Community Action Council. While Halloween 2012 still seems far off, Business domain partners are already planning by securing sponsorships and new partnerships. One sponsor for the 2012 program is [Pirate Brands, Inc](#). This past year, with the help of domain partners, the CBB program collected 5,500 pounds of candy! It is no wonder that partners are planning ahead for (hopefully!) an even bigger return.

The Business domain is confident that the dollars and "sense" of fighting childhood obesity add up. The Domain is always looking for new participants interested in establishing more practices that encourage good health and business. To learn more about the domain or investigate partnership opportunities, please contact [Erica Salcuni](#).

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.

Kitchen Garden Planner

This garden planner from Gardeners Supply is a resource for people wishing to start and maintain kitchen gardens. The planner includes an encyclopedia of fruits, vegetables, and herbs as well as a design-your-bed tool with planning instructions! [More...](#)

Technical Assistance Matters: Schools Need Support to Become Healthier

This brief produced by the Robert Wood Johnson Foundation and the Alliance for Healthier Generation outlines key findings from two peer-reviewed research papers on technical assistance within schools participating in the Healthy Schools Program. The papers showed that in a cohort of over 1300 participant schools, at least eighty percent provided healthier programs in one of eight health areas. [More...](#)

Playing Smart: Maximizing the Potential of School and Community Property Through



**Physical Activity
& Nutrition**

Joint Use Agreements

This toolkit from Public Health Law and Policy and KaBoom! outlines the mechanisms through which school districts and local governments can jointly provide safe play spaces for all residents of a community. Children may not have a safe place where they can play outside of school facilities which are closed after-hours and on the weekends limiting their physical activity. Joint-use policies will allow local governments to partner with schools and school districts so that liability, maintenance, and security concerns are addresses. [More...](#)

A Half-Empty Plate: Fruit and Vegetable Affordability and Access Challenges in America

The Food Research and Access Center (FRAC) released this report describing the challenges that Americans face in accessing affordable fruits and vegetables. The report focuses on low-income, ethnic, socioeconomic and regional disparities in food access especially in food deserts. [More...](#)

Community Grants for Obesity Prevention

The California Department of Public Health published a list of case studies that outline the best practices in obesity prevention in the state. The report describes the seven mini-grants awarded to communities and local health departments to increase nutrition and physical activity in all members of society. [More...](#)

LEGISLATIVE UPDATE

[Click here](#) for an update on the latest in obesity prevention-related legislation.

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

EVENTS/CONFERENCES

Grandparents Raising Grandchildren

April 21, 2012

Multiple locations in San Diego County

Some 24,000 grandparents in San Diego County have primary responsibility for their grandchildren. Being a grandparent who is also parenting later in life has its unique challenges and rewards. Fortunately, San Diego County has many resources for these special families. [More...](#)

Taming Pediatric Obesity Conference

April 21, 2012

San Diego, CA

The Orange County and San Diego chapters of the National Association of Pediatric Nurse Practitioners are hosting a conference on pediatric obesity, to provide information and resources on teaching healthy lifestyles and reversing obesity in families and children. Nurse practitioners, nutritionists, teachers, MD's, PA's and interested parents are all encouraged to attend. [More...](#)

Lincoln High School Health & Community Resource Fair

April 27, 2012

San Diego, CA

The Lincoln High School Wellness Center and Youth Wellness Council are sponsoring the Fourth Annual Health & Community Resource Fair, "Spring into Health." This event provides Lincoln students and staff increased knowledge of health and wellness resources available to

them in their community. Community support is needed for this event! To learn more about being an exhibitor or volunteer, please contact school nurse Kathy Ryan by [e-mail](#) or by phone at (619) 266-6502.

GRANTS

Roadmaps to Health Community Grants

Deadline for Applications: May 2, 2012

The Roadmaps to Health Community Grants program (Community Grants) will support communities to implement policy or system changes to address one of the social or economic factors that, as defined by the County Health Rankings, most strongly influence health outcomes in their community. These include: education; employment and income; family and social support; and community safety. [More...](#)

Fuel Up to Play 60 Grants

Deadline for Applications: June 1, 2012

The National Football League is offering multiple grants to schools to implement their wellness programs. The grant money can be used for food service materials and equipment, nutrition and physical education materials, staff development, and overall Fuel Up Play 60 programming. Awards of up to 4,000 will be granted to selected applicants. [More...](#)

School Nutrition and Physical Activity Policies, Obesogenic Behaviors and Weight Outcomes

Deadline for Applications: January 7, 2013

This is a funding opportunity for researchers evaluating how policies can influence school physical activity, nutrition environments, youth behavior and weight outcomes. The program is intended to support small research projects that can be carried out in a short period of time with limited resources. [More...](#)



SCHOOL & COMMUNITY GARDENS CORNER

As spring approaches, a whole new class of citizens in San Diego County is now equipped with the tools and skills they need to plant a garden. Throughout 2011 and early 2012, Regional Garden Education Centers (RGEs) were hosted by community partners throughout the region to teach community members vital skills in basic gardening education and training, community garden management, and sustainable school garden programming.

The seeds for this resource were planted by [Healthy Works](#), a 24-month community-based obesity prevention program that served as a component of the County of San Diego's "Live Well, San Diego! Building Better Health" initiative, a 10-year strategic vision for improving health and wellness and combating the toll of chronic diseases, including obesity.

Gardening not only supports increased access to healthful foods and teaches basic skills in the production of one's own resources, but they also serve as a symbol of social capital and community revitalization. The implementation of this program was made possible through partnerships with the County of San Diego Health and Human Services Agency, University of California San Diego, San Diego County Childhood Obesity Initiative (facilitated by Community Health Improvement Partners), and Victory Gardens San Diego (a program of San Diego Sustainable Food Project). Many hands dug into the soil of ideas for the RGEs, from site selection to manual content to instruction of the course, and opportunities to sustain the program.

Courses took place at sites throughout San Diego County, including International Rescue Committee (City Heights), Olivewood Gardens & Learning Center (National City), Wild Willow Farm & Education Center (South San Diego), San Diego Youth Services (Spring Valley), and Solana Center for Environmental Innovation (Encinitas). The RGEC model is based on the Victory Gardens San Diego (VGSD) "University of Gardening" or "U-Gardening" education program which offers hands-on, basic garden education.

Over 500 residents participated in over 20 RGEC courses countywide from May 2011 through March 2012. Wild Willow and Victory Gardens San Diego are working in partnership with the Initiative and other stakeholders to sustain gardening education as a resource within the community. Regional tool lending libraries are available at all five sites to provide a place where local residents can go to borrow garden tools and resources to support efforts at home or in the community.

We are excited so much activity is happening across the county to ensure that residents have access to healthy foods and can even participate in the process as the most local food is that grown in your own yard. For more information on how gardening opportunities are sprouting throughout San Diego County, please contact [JuliAnna Arnett](#).

LOCAL NEWS

[Kaiser Permanente Tackles Obesity In Lemon Grove with \\$1 Million Grant](#)

[Chargers Donation Helps Fund Fitness Study at 27 Schools](#)

[New Booklet for Kids Traces Food's Path from Farm to Table](#)

[Locked-up Teens Tell of Gardens Benefits](#)

NATIONAL NEWS

[Monsanto Wins Dismissal of Gene Patent Suit](#)

[Whole Foods to Help Empower Low-Income Entrepreneurs](#)

[RWJF Policy Brief on the Prevention and Public Health Fund](#)

[Mark Bittman on Regulating Our Sugar Habit](#)

["Bake Sale Ban" Rhetoric Swells Over Obama School Snacks Rule](#)

[The "Pink Slime" In Your Kid's School Lunch](#)

[Don't Blame Food Deserts for Obesity](#)

[Better Nutrition, Healthier Communities](#)

[Bill Monning: Data Behind Food Vendor Bill](#)

[California's Misguided Attempt to Ban Food Vendors Near Schools](#)

[Disney's Habit Heroes Accused of "fat-shaming"](#)

FUNDED IN PART BY ::



KAISER PERMANENTE.

FACILITATED BY ::



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together

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 : Director | 858.609.7961

JuliAnna Arnett : CPPW Food Policy Manager | 858.609.7962

Melanie Cohn : Manager | 858.609.7963

Erica Salcuni : Coordinator | 858.609.7964

9370 Chesapeake Drive, Suite 220, San Diego, CA 92123

This email was sent to .

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.



[EmailNow](#) powered by Emma